



Faringdon Community College
Fernham Road, Faringdon, Oxfordshire, SN7 7LB

Tel: 01367 240375
01367 240628

Email: Office@fcc.faringdonlearningtrust.org
Studentservices@fcc.faringdonlearningtrust.org

www.fccoxon.co.uk



FARINGDON
COMMUNITY COLLEGE

Tuesday 16th April 2024

Dear Parents/Carers,

Following the success of our first Wellbeing Event in February, we will be re-running the same event on **Thursday 2nd May**. The aim is to give FCC Families an insight into what we do as a school to support students and to introduce some of the people we work with.

We would like to invite you to our Wellbeing Event on Thursday 2nd May; this will be held in our Main Hall from 6:00-7:30pm.

The morning will include short talks from the following:

- ✚ Rachael Wheeler – Assistant Headteacher & Mental Health Lead
- ✚ Sarah Gristwood – Inclusion Lead for Faringdon Learning Trust
- ✚ Debbie Earnshaw – CAMHS In-Reach, Senior Mental Health Practitioner
- ✚ Lizzie Bean – Beanology (a philosophy for living that helps and inspires humans of all ages to come home to peace and the wonder of self-belief)

Topics covered will include:

- ✚ What FCC does to support your child's wellbeing
- ✚ The science of the teenage brain
- ✚ Anxiety and its different forms
- ✚ Physical and mental health concerns school children may face
- ✚ Guidance on supporting the wellbeing of young people
- ✚ Accessing counselling and other services
- ✚ Developing a positive mindset
- ✚ How to get your child talking

The aim of the event is to address general wellbeing and how we can proactively support the young people in our care. However, please be aware that this event will not focus on severe mental health conditions but is focused on preventing the deterioration of students' wellbeing.

Continued over the page.



Focused - Committed - Caring



FCC is committed to safeguarding and promoting the welfare of children and individuals.

Headteacher: Phil Bevan. Chair of Governors: Alex Bond

Faringdon Learning Trust is a charitable company limited by guarantee, registered in England and Wales.

Company Number: 7977368 **Registered Office:** Faringdon Learning Trust, Fernham Road, Faringdon, Oxfordshire, SN7 7LB



Faringdon Community College
Fernham Road, Faringdon, Oxfordshire, SN7 7LB

Tel: 01367 240375
01367 240628

Email: Office@fcc.faringdonlearningtrust.org
Studentservices@fcc.faringdonlearningtrust.org

www.fccoxon.co.uk



FARINGDON
COMMUNITY COLLEGE

We invite you as parents and carers to attend this event but would like to stress that you are welcome to bring grandparents, or other family members, who support your child. If you need to bring younger children with you in order to attend, they are very welcome and we will set up a colouring station for them. Please fill in this sheet if you will be joining us for this event: <https://forms.office.com/e/yPcY5HefUV>

We look forward to seeing you as many of you as possible.

Yours faithfully,
Rachael Wheeler

*Assistant Headteacher – Responsibility for Personal Development
(DDSL and Mental Health Lead)*



Focused - Committed - Caring



FCC is committed to safeguarding and promoting the welfare of children and individuals.

Headteacher: Phil Bevan. Chair of Governors: Alex Bond

Faringdon Learning Trust is a charitable company limited by guarantee, registered in England and Wales.

Company Number: 7977368 Registered Office: Faringdon Learning Trust, Fernham Road, Faringdon, Oxfordshire, SN7 7LB