

Langley Park School for Girls

Enabling everyone to thrive – acting with kindness, determination and respect.



Headteacher: Mr S Whittle, MA (Cantab), PGCE, NPQH

7 March 2025

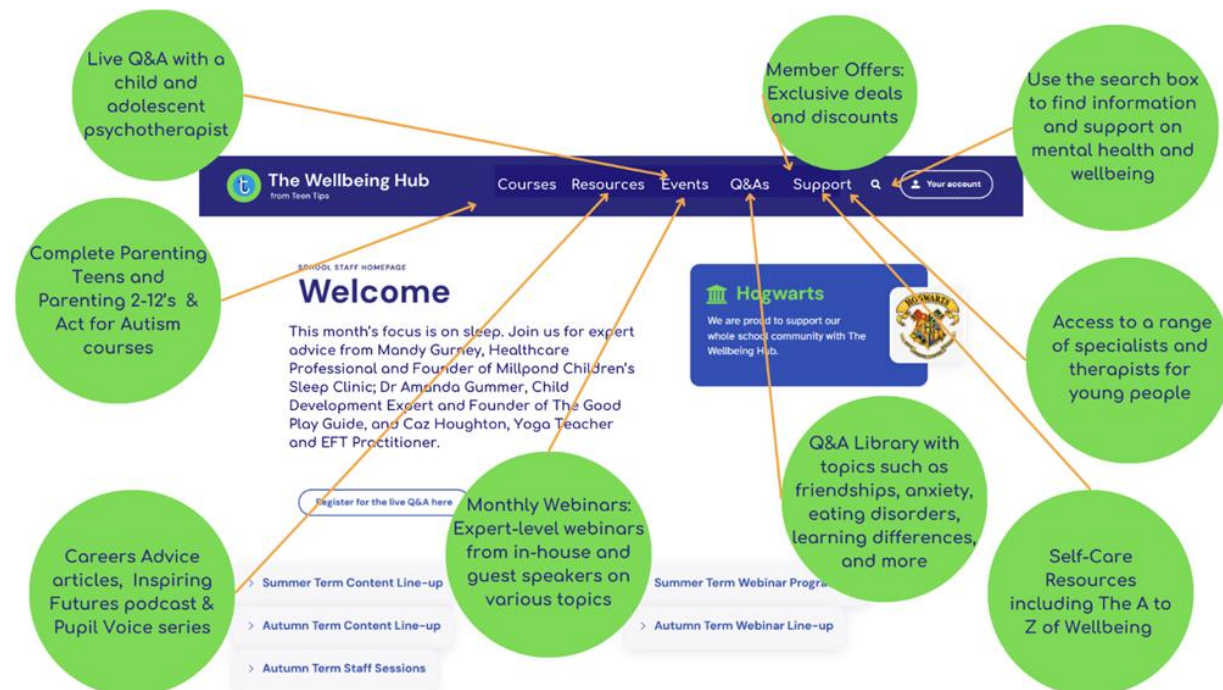
Dear Families,

Mental Health Support Resource: The Teen Tips Online Wellbeing Hub

Fostering an environment that supports pupils' mental health and wellbeing is a top priority within the Impact Trust. We know that the best way to manage stressful circumstances is to understand we are in charge of our own health and wellbeing, and a proactive approach is the most successful. We are excited to let you know we have invested in an online resource platform, developed by experts in child and adolescent mental health and wellbeing. We have introduced this to staff and are in the process of rolling this out to students. As part of the package, we are able to offer all parents and carers free access to this valuable and extensive resource.

Our agreement with The Teen Tips Wellbeing Hub hopes to engage our entire school community to take charge of their mental wellbeing by providing courses, articles, webinars on a huge range of topics, from feeling low to exam stress;

As a member of The Wellbeing Hub, you will benefit from:



You can view a guided video tour of The Wellbeing Hub for Parents [HERE](#).

This is an online resource and different from our physical space for supporting students in school. It is important to note, this is not a counselling service and is not interactive but instead supports Mental Health and Wellbeing by providing information and general advice about issues you or your child might face.

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If you do have concerns about your child's mental health, please follow our usual support procedures by contacting their tutor in the first instance. If it is an acute situation where your child needs urgent help please continue to use NHS support services. The [Get Urgent Help](#) section of the Bromley Y [Website](#) gives information about urgent care help lines, if you are immediately worried about a young person's mental health.

Accessing The Wellbeing Hub

You can register by scanning the QR code below:



Or by clicking on and following the link below:

<https://club.teentips.co.uk/register/parents/?ca=f9505098cd0a741f3c95a5dce25df29ea>

You will then be asked to create a log in and password to access your account.

For any specific queries about access, please contact the team at info@teentips.co.uk.

We are excited to offer this enhanced level of pastoral support and hope you find The Wellbeing Hub valuable for you and your family.

We welcome your feedback, particularly if you find any resources to be particularly useful and would like to recommend them to others.

Yours faithfully,

Louisa Brown
Head of Key Stage 4