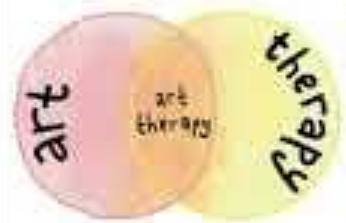


Phase
PROMOTE | PREVENT | SUPPORT

GRIT:



Health and Wellbeing Coaches coach and motivate patients through multiple sessions to identify their needs, set goals, and support patients





Headstrong

Week 16

Who is
WHO
?

<https://www.hgs.herts.sch.uk/>



Do you want to talk about...

Problems with friends
or family?

Alcohol or smoking?

Feeling sad or angry?

Bullying?

Relationships?

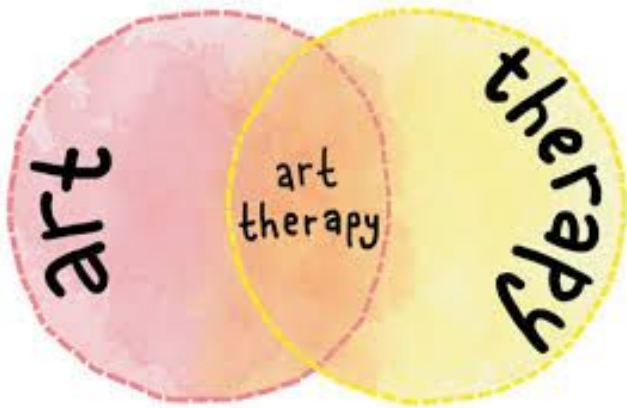
Changes to your body?

You can text your School Nurse for
confidential advice and support:

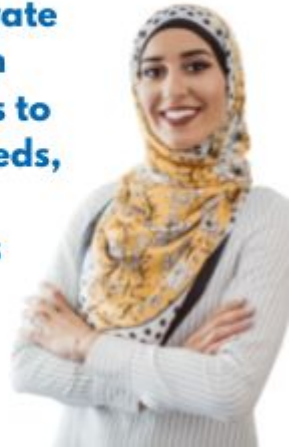
07480 635050



keoth



Health and Wellbeing Coaches coach and motivate patients through multiple sessions to identify their needs, set goals, and support patients



HEALTHY SCHOOLS

CHALLENGE:

As a form, look at the school student well-being website page.

Are there other helpful websites, support groups, things that you think other students should know about?

As a form make a list of any useful links and information and ask your form tutor to send an email of any resources you think it would be useful for other students to know about to Mrs Cole so that the website can be updated.