



Useful Links

- Action
- Emotional mental well-being
- Examination

In This Section

- Aid subscription for parents
- Headstrong - weekly wellbeing bulletin





Headstrong

Week 20



Who can I speak to?

You can speak to **ANY** member of staff if you have worries.
The following suggested pathways show which staff might be best placed to help.
I am worried about...

My Learning

Your **subject teachers** or **Learning Support Team**
You can speak to them in person or by email.
You could also attend homework club at lunch to have support from the Learning Support Team.

Friendship issues

Your **Form Tutor** or **Head of Year** or **Pastoral Team**
You can email your Head of Year outside of lesson time or visit the Pastoral and Learning support hub in M26 at break or lunch.

My wellbeing/mental health (or someone else's)

Your **Form Tutor** or **Head of Year** or **Pastoral Team**
You can email your Head of Year outside of lesson time or visit the Pastoral and Learning support hub in M26 at break or lunch. Our school mental health lead is Mrs Cole.
Look at the student wellbeing section of our school website.

My safety (or someone else's)

Your **Form Tutor** or **Head of Year** or **Safeguarding Team**
The safeguarding team is:
Mr Crowther, Mr Jones, Mrs Robertson, Mrs Rowe
Mrs Batt-Corcoran, Mrs Cole, Mrs Mills, Mrs Hone

Problems at home

Your **Form Tutor** or **Head of Year** or **Pastoral Team**
You can email your Head of Year outside of lesson time or visit the Pastoral and Learning support hub in M26 at break or lunch.

My physical health

Your **Form Tutor** or **Head of Year** or **Pastoral Team**
You can email your Head of Year outside of lesson time or visit the Pastoral and Learning support hub in M26 at break or lunch.

Support with behaviour for learning

Your **Form Tutor** or **Head of Year** or **Behaviour Team**
You can email your Head of Year outside of lesson time or visit Mrs Robertson in the Behaviour Support Hub.

Support with attendance and punctuality

Your **Form Tutor** or **Head of Year** or **Attendance Team**
You can email your Head of Year outside of lesson time or visit Miss Howes in the Behaviour Support Hub.

You can call **Childline** on **08001111** anytime if you feel unsafe out of school or at home.
Call **999** if you're in immediate danger or if a crime is being committed.

<https://www.hqs.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



Welcome to The Sandbox

Online mental health support
for Children and Young People

To access free, online
mental health support, scan
the QR code





What should I do if I see someone without a lanyard?