

Trusted Adult

Talk to a trust adult about your worry

It would be a teacher, teaching assistant, a member of the premises staff or lunchtime supervisor. They can listen, offer advise

Well Being Activity booklet

See your Pastoral Leader for a brilliant booklet full of activities you can do at home to help you with

Pastoral Support

Speak to your Pupil Progress Leader or Assistant Pupil Progress Leader about your worry or concern and they will help you

Chaplaincy Support

See your Pupil Progress Leader if you would like to speak to one of the Chaplaincy Team

Ask WESS

Email Ask WESS for confidential written feedback from other pupils

askwess@woodchurchhigh.com

Ask WESS LIVE

Daily face-to-face counselling from different groups of pupils each lunchtime in the Chaplaincy Office

(more information on the

What is the well being and mental health support that is on offer for you from Woodchurch High school?

Learning Mentor Support

See your Pupil Progress Leader if you would like to speak to one of our mentors

Mindfulness booklet

We have booklets to introduce you to Mindfulness which is a way to support your WellBeing when you are on your own

Childline
08001111
Papyrus suicide helpline
08000001111

Outside Agencies

We work with:
Action for Children who offer emotional support
Health Services in School who offer

God is our merciful Father and the source of all comfort.

He comforts us in all our troubles so that we can comfort others.

When we are troubled, we are able to give them the same

Daily after school clinic

Each evening from 3:15-3:45, there is a member of the Pastoral Staff in the Chaplaincy Office for support

