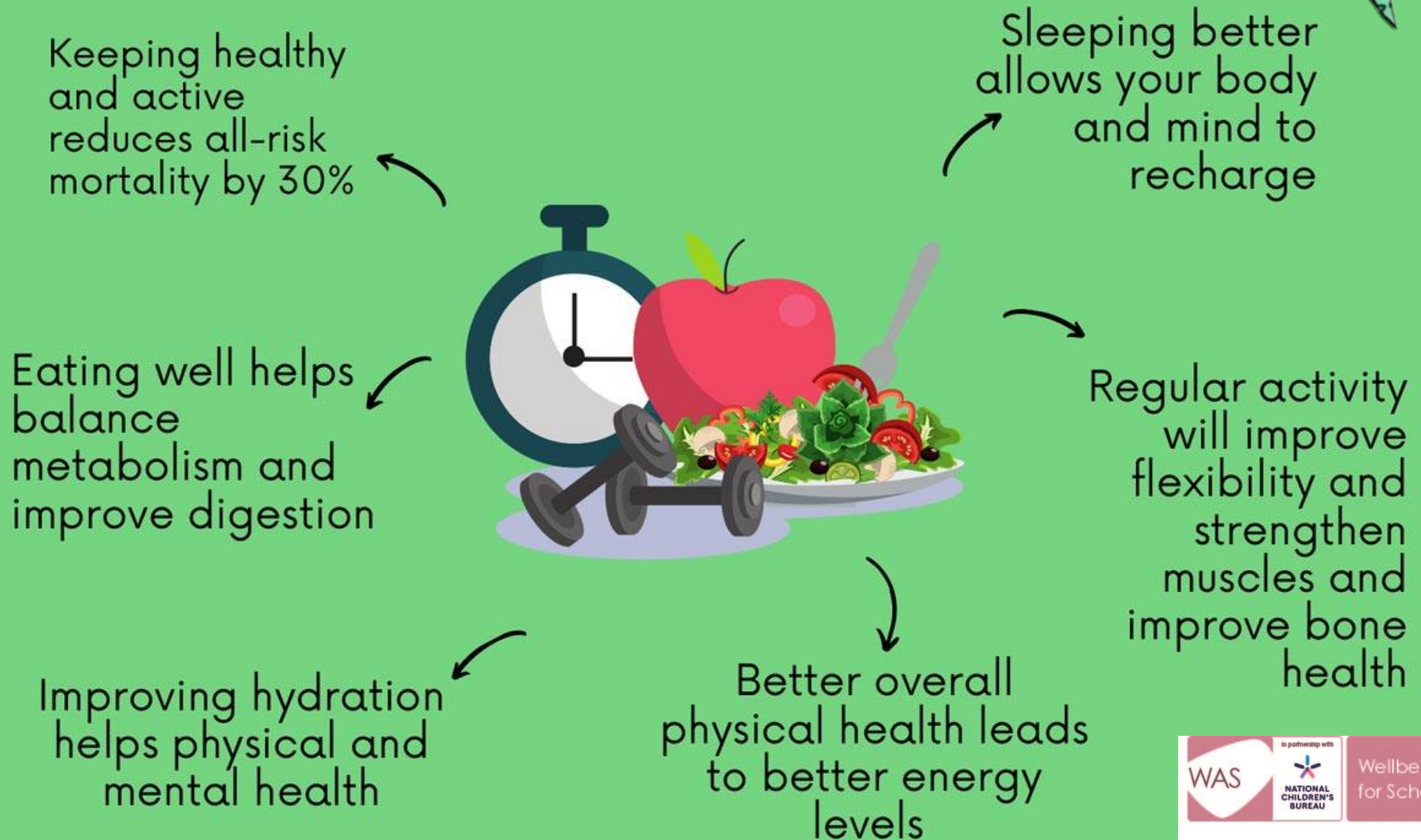


Because we care





Why is Physical Wellbeing Important?





Why is Mental Wellbeing Important?





Happy Well-being Wednesday!

Where to get help if you need support:



**Text
SHOUT
to
85258**

shout
85258 here for
you 24/7

@RPCC there is so much support.

- Tutors
- Head of year support
- Head of year
- Teachers
- Support staff
- Mental Health support workers
- SLT
- School counsellor
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

