



Happy Well-being Wednesday!

Well-being champions



We now have a number of Well-being Champions across all year groups to help and support you.

There are a number of our representatives available every break and lunch time in the library in the Well-being section to help and support you.

In the Well-being section we have puzzles, colouring books, sticker by number books and a whole selection of Well-being and Mental health books for you to access.



Wellbeing Award
for Schools

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Well-being champion's mission statement

“We strive to help and uplift students within our community, to help them feel happy and support them when things are difficult. We promise to be there for you when you need us most. We aim to provide you with a happy environment, so that you can always be your best.”

Job description

- To look out for people and offer them support whenever they need it.
- To be a trusted member of our community
- To be non judgemental
- To be able to deliver Well-being themes to students
- To promote Well-being across the school





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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

