

Happy Well-being Wednesday!



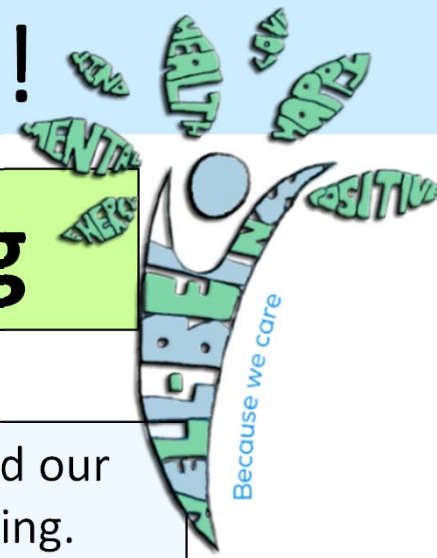
Our safe place stickers are situated all over the school site. If you see one, this is a safe place for you to go to if ever you need to take a moment or talk to a member of staff, we are always here to help you 😊



2022-2025

Happy Well-being Wednesday!

How our Ethos fits in with Well-being



Respect – Showing respectful behaviour to ourselves, each other and our surroundings gives off positive energy. This is great for your well-being.



Pride – being proud of your achievements, no matter how big or small they may be is really good for your well-being. Always focus on the positives each day.



Creativity – Being creative is a brilliant way to support your well-being. Taking time out of your busy day to do something creative, helps to settle your mind and de stress.

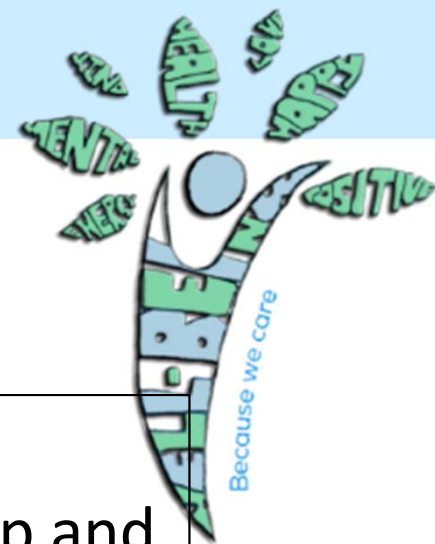


Challenge – Giving yourself a challenge helps to give you a new focus, something to aim for which results in positive energy. This is great for your well-being



Happy Well-being Wednesday!

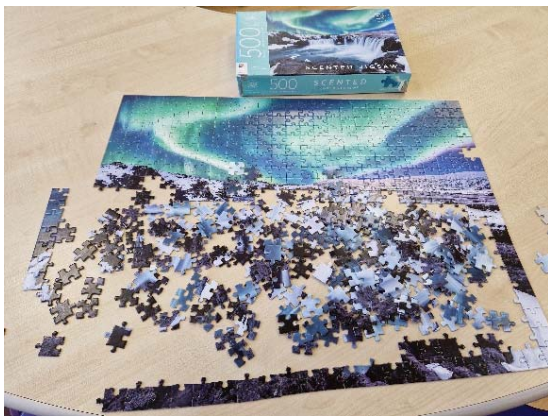
Well-being champions



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

Happy Well-being Wednesday!

IS IT
'JUST A JOKE'
THOUGH?

THINK ABOUT WHAT YOU SAY.



Are you being bullied?

Our Anti-bullying ambassadors are here to help. They are in the process of coming into tutor time to introduce themselves to you and to create a board around school with information and they have been developing the antibullying policy.

Useful helplines



**CAMPAIGN
AGAINST
LIVING
MISERABLY**

0800 58 58 58
WEBCHAT

<https://www.thecalmzone.net/>

childline

Call 0800 1111

ONLINE, ON THE PHONE, ANYTIME

<https://www.childline.org.uk/>

shout
85258

TEXT 'SHOUT' TO
85258
here for you 24/7

<https://giveusashout.org/>

PAPYRUS
PREVENTION OF YOUNG SUICIDE

HOPELINEUK
0800 068 41 41

<https://www.papyrus-uk.org/>

SAMARITANS

Call 116 123 for free

<https://www.samaritans.org/?nation=scotland>

Anxiety UK

03444 775 774 | Text support: 07537 416 905 (open Mon-Fri 09:30-17:30)

<https://www.anxietyuk.org.uk/>

A useful website to use → <https://www.nhs.uk/every-mind-matters/urgent-support/>

Happy Well-being Wednesday!

Where to get help if you need support in school:

@RPCC there is so much support.

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

