As we discussed our new parent welcome evening, here is a summary of some of the key ways we support students well-being:

* Students are allocated a progress tutor, all of who are pastorally experienced and are mental health first-aid trained and have an extensive knowledge of support available. Our Tutorial programme covers many aspects of well-being and strategies to develop resilience and good emotional health.
* Our Safeguarding Team is on hand for any student with safety or well-being concerns and can be contacted initially via Progress Tutors, Laura in B3A or Clare in Café Max.
* Our Enrichment programmes offer well-being activities, ranging from Sport, Chaplaincy to knit and our well-being garden.
* We also have our Welfare Support here at College, please speak to your Progress tutor about making an appointment.
* Our College Nurse is super helpful and is always around to lend a hand, supporting you in maintaining both your physical and mental health.