

STUDENT WELLBEING NEWSLETTER

SPRING 2026



Student wellbeing is at the centre of everything we do at Stanborough.
We promote positive wellbeing across all aspects of school life.



Thank you to parents who took the time to complete our well being survey in December. One of the key actions coming from this is that parents would like to be signposted to support services, and also be aware of what is available in school. Therefore, each term we will send out an update of key services, and some additional advice/updates on how we are prioritising the well being of your child at school.

Mrs Vlijter

We promote positive mental health through our pastoral system, our Life Skills and CSE lessons and across all other areas of the curriculum as well as through assemblies, sport, House events and drop down days.

Our tutors and pastoral team are key members of staff when it comes to promoting positive wellbeing and are the first port of call for students who need support.

Students sometimes need help when struggling emotionally, psychologically, or physically. We have a number of services which can support students and a range of experienced staff who can help signpost students and parents to the most appropriate support. If you would like to talk to someone about your child's wellbeing, please contact your child's tutor or head of year in the first instance.

Peer mentoring

Our trained Post 16 well being ambassadors work with students in younger years to support them in dealing with friendships, self esteem, anxiety about school and other concerns students may come across during their time at school. The mentors meet their mentees once a week for six weeks initially and foster a relationship with them over this time.

Staff mentoring

Sometimes students require adult support to help them overcome issues at school and / or at home. Members of the pastoral team or other appropriate staff around school, including those in the SEND team, mentor a student over a six-week period. They may work with them on organisational skills, talk to them about home or school, put in place other support and be someone to go to if things are not going well.

Student and family support worker

We have access to the School Family Partnership team who work with young people, and their families, to support students in overcoming a range of issues that might affect a young person such as anxiety, bereavement, exam stress, home routines, boundaries etc. They also run a Young Carers group and a LGBTQ+ group for students exploring their identity and / or sexuality. Drop ins are also available at lunch times for students who have not been referred.

School counsellor

At Stanborough we have a trained counsellor who works with a small number of students each term. This is a specialist and confidential service for students who need targeted support.

Compass

Our inclusion base is staffed throughout the day with experienced staff. Students go to Compass for a variety of reasons including for respite, health reasons or to catch up. We also have a Green Room for students who are in crisis and a sensory room for students who may become overwhelmed during the school day.

Please click here for our website page,
[Mental Health & Wellbeing – Stanborough School](#)

Grow and Succeed



Sources of Support

Who to talk to at school

Your child's form tutor would normally be the first point of contact. However, we recognise that students develop strong working relationships with various trusted adults across the staff body. In the coming weeks students will be asked to identify staff members they can talk to if needed, to keep as a reference in their blazer, if needed.

[**SHARP at Stanborough**](#) is a non-emergency reporting system where Stanborough students can raise concerns for themselves or someone else.

[**The school family workers**](#) support families in whichever way they need. They have a wealth of knowledge regarding services available to support families and can offer one to one support. The help they provide is dependent on needs and they are a completely confidential service. They also have a facebook page,

[Welwyn Garden City & Hatfield Schools Partnership | Welwyn Garden City | Facebook](#)

[**Childline**](#) a counselling service for young people under the age of 19. They offer a free and confidential space for support, advice and guidance on various issues.

[**Signpost Counselling**](#) is a counselling provision that supports children and young people aged 10-25 years across Hertfordshire.

[**Youth Talk**](#) provides free, confidential counselling to 13-25 year olds in St Albans and surrounding areas.

[**The Sandbox**](#) is an innovative digital mental healthcare service for children and young people.

[**With Youth**](#) offer online emotional and practical support through digital services, groups, one-to-one sessions and instant messaging.

[**Shout**](#) is a free confidential and 24/7 text messaging service for anyone in the UK who needs support.
Text 85258

[**The Ollie Foundation**](#) is a suicide prevention and wellbeing charity providing accessible in-person and online awareness sessions.

[**Just Talk**](#) offers young people's emotional wellbeing information and signposting to help Hertfordshire.

[**Mind**](#) work across Hertfordshire to support positive mental health and wellbeing. They provide a diverse range of services across the county for residents aged 18+. They also offer dedicated services for 5-18 year olds.

[**Kooth**](#) offer a judgement free forum to get advice, help others and share stories.

[**Young Minds**](#) fight for a world where no young person feels alone with their mental health. They provide young people with reassurance and advice to help them make positive choices for their mental health and know what to do next if they are struggling.



Helping Your Teen with Heartbreak

(from: relate.org.uk)

It's easy to act as if teenage heartbreak isn't all that serious. But if you're going through it, it doesn't feel trivial. Teenage emotions can be intense, and most of them don't have a huge amount of experience dealing with this sort of thing, so going through a breakup can be quite difficult or even scary. Of course, as any parent or carer knows, there's every chance the last person their teen is going to want to talk to about their breakup is their parents.

That's why you might need to watch out for a few telltale signs.

Any of the following could suggest they're struggling to deal with something;



- Spending more time alone or in their room
 - Being less talkative than usual
 - A loss of appetite
 - A change of behaviour at school
 - Getting angry towards you or their siblings
 - A drop in grades
- How can I help?
- **Keep communication links open.** Even if your teen isn't ready to accept your help, it's important they know it's there. Without badgering, remind them that they can talk any time they're up to it.
 - **Keep things relaxed.** Teenagers (much like adults) don't tend to react that well to the 'let's sit down and talk' treatment. You might find things go a bit smoother if you bring up the topic when you're doing something else, like driving in the car or watching TV. This can help them feel less self-conscious and the conversation seem less intense.
 - **Be prepared for surprises.** If they're feeling a bit up and down, your teen might decide they're ready to disclose quite suddenly. Be prepared to pause your favourite telly programme or put dinner on hold if you have to!
 - **Let them know you understand.** If your teen does decide to talk, don't interrupt them or judge them. Just help them think it all through. It can be useful to reflect back what they're saying ('It sounds like you're really surprised things ended the way they did', 'I can tell you're really missing them'), so they know you're listening and taking them seriously.
 - **Don't dismiss what they're going through.** It can be tempting to try to 'fix' the problem by offering practical solutions or just say something along the lines of 'oh, you'll forget about them in a few months' time', but neither is usually a good idea. Your teen will likely feel patronised and think you don't understand. This won't feel like 'no big deal' to them – so try to treat what they're going through with respect.
 - **Be clear it's about them.** They may have been aware you didn't like or approve of the person who caused their heartbreak and so worry that you may be glad the relationship is over. It is important to tell them that you're just concerned about them and how they're feeling.
 - **Be positive.** You might like to help them see the bigger picture by encouraging them to think about the good things in their life and what they enjoy doing. They might have a great group of friends or stuff they enjoy doing in or out of school.
 - **Check in.** Again, without pestering them, let them know you're still there if they need to talk again. As most of us know, break ups can take a while to get over and sometimes progress is uneven to say the least, so they may need you to pick them back up a few more times before they're properly on their feet!



Place2Be launched the first-ever Children's Mental Health Week in 2015 to empower, equip and give a voice to every child in the UK.

This year's theme is This is My Place and they are encouraging families and community groups to support their children and young people to feel a sense of belonging.

Why not visit their website to find out more?

[Improving children's and young peoples mental health – Place2Be](#)

