

Student Wellbeing Newsletter



October 2025

Dear Parents and Carers,

Welcome to the first Student Wellbeing Newsletter of the academic year. At Winchmore we are committed to supporting the mental health and wellbeing of all students. In this edition, I have gathered essential resources, contacts, and updates to assist you in supporting your child's emotional wellbeing along with signposting our wellbeing offer. Please don't hesitate to reach out if you have any questions or concerns or if you believe your child may require some additional wellbeing or mental health support in school.

Mrs Cowen

Student Wellbeing Lead

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What does a Student Wellbeing Lead do?

A **Student Wellbeing Lead** plays a crucial role in promoting and supporting the mental, emotional, and physical health of students. They develop and implement wellbeing programmes, provide guidance on emotional and mental health issues, and ensure students have access to necessary resources, such as counselling services. Additionally, they work closely with teachers, parents/carers and families, and external agencies to create a positive school environment, monitor student wellbeing, and address any concerns related to stress, anxiety, or other challenges that may affect students' overall wellbeing.



As well as me we have Ms Liu (ELSA and Wellbeing Mentor), Ms Cristofi (ELSA and HLTA) and Ms Nicola (Creative Wellbeing Mentor). Whilst I am the Wellbeing Lead, the day to day business of supporting students generally falls to them and we are so lucky to have them working with some of our most vulnerable students. Their kindness and warmth knows no bounds and the relationships they form with students is inspirational.

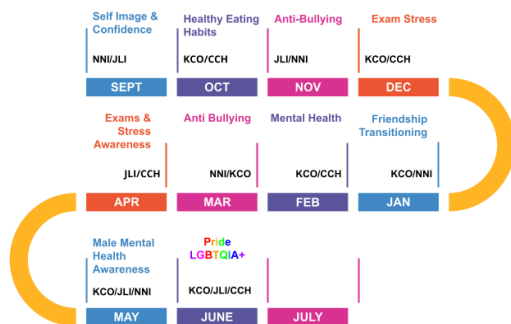
Please look at our Mental Health and Wellbeing section on the school website for more information about our provision at Winchmore:

<https://www.winchmore.enfield.sch.uk/page/?title=Mental+Health+%26amp%3B+Wellbeing&pid=160>

This year we are introducing workshops throughout the year - all students In Yr7-11 are welcome to join the workshops and they can sign up by visiting the wellbeing hub. Details of the workshops are below:



Wellbeing Workshop Timeline B



Please join our Wellbeing Google Classrooms for up to date information and resource:

<https://classroom.google.com/c/ODE00TEwNzM3NjEw>

<https://classroom.google.com/c/ODE00TEExMTgzMzI2>



World Mental Health Day 10th October

World Mental Health Day's purpose is to raise awareness of mental health issues around the world.

It's a day to talk about mental health and what more we need to do to make mental health care a reality for people worldwide.

Wear yellow on 10th October and raise money with thousands of people to show young people they're not alone with their mental health.

Take part with schools, communities, companies and individuals across the country, who are wearing yellow to help us raise vital funds.



YOUNGMINDS
Hello Yellow
FRIDAY 10 OCT

Is your child going through a tough time?

No matter what your child is going through, we're with you

Call our Parents Helpline on 0800 802 5544 or visit youngminds.org.uk/parents-helpline

Wear yellow this World Mental Health Day and raise money to show young people that they're not alone with their mental health.

#HelloYellow M&S | YOUNGMINDS



A **Student Wellbeing and Mental Health Ambassador** is a student within the school who advocates for and promotes mental health and wellbeing among their peers. Their role is to raise awareness and help create a positive environment that fosters emotional and mental wellness. They will collaborate with the Student Wellbeing team (which includes our 6th form peer mentors), assist in wellbeing programmes, and encourage open discussions about mental health. Ambassadors may also signpost students to professional resources and they will have a big role to play in raising the profile of wellbeing and mental health in the school - we want to hear what it is like to be a student at Winchmore and how we can help to make sure all students can feel supported and safe when they come to school.

Our new set of ambassadors will be working together with the wellbeing team on their first task of the year which is to promote World Mental Health Day - look out for social media posts and displays in the main entrance to the school.

Our lovely new team of Sixth Form Wellbeing Peer Mentors will be completing their training this half term and will start their mentoring with students in Yr7-9 as soon as possible. Each peer mentor will be assigned 2 students to work with throughout the year or until they feel they no longer require support. The students will have been referred to us by Heads of Year but if you believe that your child would benefit from some peer mentor support please do reach out to myself or a member of the wellbeing team.

****** Resources for parents and carers from Kooth - these are also available on our website and are attached to this newsletter******



Signposting

In the Event of a Mental Health Emergency

If your child is experiencing a mental health crisis, these services are available for immediate support:

- **Barnet, Enfield, and Haringey Mental Health NHS Trust**
24-Hour Crisis Telephone Service: **0800 151 0023**
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Counselling & Support Services

- **Anna Freud Youth Wellbeing Directory**
Access local and national organisations offering mental health support for anyone up to age 25.
[Visit Website](#)
 - **'My Time' - Every Parent and Child**
Counselling for children aged 5-18 facing school-based challenges.
Email: enquiries@epandc.org.uk | Visit Website
 - **Enfield IAPT Team**
Counselling for individuals 16+ with mild to moderate mental health difficulties.
[Self-Referral](#) | Visit Website
 - **Mind**
Mental health charity offering information and support.
Advice: 0208 906 7505 | Counselling: 0208 906 7508
[Visit Website](#)
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Young People's Mental Health Resources

- **Young Minds**
Support for both parents and young people.
[Visit Website](#) | Parent Helpline: 0808 802 5544 (9:30 am - 4 pm)



- **Kooth**
Online counselling and wellbeing platform for young people.
[Visit Website](#)
 - **The Mix**
Support service for young people covering mental health, money, and more.
Text "THEMIX" to 85258 for crisis support | [Visit Website](#)
 - **Childline**
Support for those under 18, including counselling and advice.
Phone: 08001111 (free, 24/7) | [Online Counselling](#)
 - **Shout**
Free, confidential text support at any time, day or night.
Text "SHOUT" to 85258 | [Visit Website](#)
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Parent Support Services

- **Family Based Solutions**
Support for families struggling with relationships and conflict.
[Visit Website](#) | Email: admin@familybasedsolutions.org.uk
 - **Open Doors: Parenting Teenage Project**
Support for parents of teenagers.
Email: enquiries@opendooronline.org | [Visit Website](#)
 - **Family Lives**
Parenting and family support through online chats, a helpline, and classes.
[Visit Website](#)
 - **Parent Support Service (Enfield)**
Offering parenting support programs for children aged 0-18.
[Visit Website](#)
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<https://londonwaitingroom.nhs.uk/>

New Directory: TACaccess for Therapists



TACaccess is a new, free UK-wide directory providing access to DBS-checked mental health therapists for children and young people. It offers secure video conferencing for online therapy, an online booking system, and a direct payment service for therapists.

[Visit TACaccess Directory](#) for more details.

**Need urgent support
for your mental
health?**

Just call 111
and select
the mental
health option
to speak to a
mental health
professional
in [Enfield].

