



Winchmore's Wellbeing Newsletter: 01



Dear all,

Welcome to Volume 01 of Winchmore's Wellbeing Newsletter!

We really hope you've had a great start to the school year. We understand there's a lot of change in September when the new school year begins, and we also know that not all of us cope well with change. Hopefully, this newsletter, along with the new and improved Wellbeing Hub, has helped you settle in, get back into those routines and organise yourself well enough that September already feels like a distant memory!

I look forward to seeing you around school.

Mr Halladey – Student Wellbeing Lead

Wellbeing Team Updates

We have a new Wellbeing Lead, **Mr Halladey**, who joined us in September. Mr Halladey also teaches Geography and is part of the safeguarding team.

You'll probably hear Mr Halladey before you see him – either in the corridor, because he is very loud and likes a good natter, or when he's in his office, as he always has music playing!

Mr Halladey is based in the **Wellbeing Hub**, so please do come and say hello.

Meet our wellbeing team



Mr Halladey



Miss Nicola



Miss Liu



Ms Christofi

As well as Mr Halladey, **Miss Lui**, **Miss Nicola** and **Miss Christofi** are still with us, continuing to be our wellbeing heroes on a weekly basis.



September 2026 Safeguarding:

Safeguarding is the action that is taken to promote the welfare of students and protect them from harm.

Safeguarding means:

- protecting students from abuse and maltreatment
- preventing harm to students health or development
- ensuring students grow up with the provision of safe and effective care
- taking action to enable all students to have the best outcome

A reminder, any member of staff is available for you to speak to them if you need support, but there are a team of designated Safeguarding leads available to support you when you need.

If there is a concern about a students' well-being or need to report a safeguarding issue, please contact

office@winchmore.enfield.sch.uk

Please see our September 2026 updated safeguarding poster. These can be found all around the school building. ->

Helpful websites and numbers:

Childline: 0800 1111

NSPCC help line: 0808 800 5000

The police: (if you are in danger): 999

LGBT switchboard: 0300 330 0630

Kooth: (www.kooth.com) support service for student wellbeing

Multi-Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005





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Winchmore's Wellbeing Code of Conduct

You may have seen our new **Wellbeing Hub Code of Conduct** up around the Hub, especially if you're a regular visitor! We've put this together to make sure the Wellbeing Hub remains a calm, safe and supportive space, and to help everyone get the best out of it.

Please make sure you've taken a look and familiarised yourself with it. But don't worry if you haven't yet – **it's blown up EVERYWHERE in the Wellbeing Hub, so you can't miss it!**

The Code of Conduct is there to support everyone who uses the Hub, so please do your bit to follow it and help us keep the space welcoming for all.



WINCHMORE SCHOOL
Wellbeing Hub Code of Conduct
A calm, safe and supportive space where we can be ourselves, feel valued and keep learning.

In the Wellbeing Hub, we agree to...

- **Respect** – Be kind, listen to others and respect everyone's feelings, differences and personal space.
- **Courtesy** – Use calm, polite language. Speak to others as you would like them to speak to you.
- **Co-operation** – Work with staff and other students, follow instructions and help keep the Hub calm.
- **Commitment** – Use your time well. Try your best and complete the work or tasks agreed with staff.
- **Self-discipline** – Manage your behaviour, voice and choices so everyone can feel settled and learn.
- **Responsibility** – Be ready to learn, look after the Hub and take responsibility for your actions and work.
- **Contribution** – Join in when you can, support others positively and help make the Hub a welcoming place.
- **Integrity** – Be honest, make safe choices and do the right thing - even when it is difficult.

Our Wellbeing Hub Promise...

- ✓ This is a calm space. We use quiet voices and avoid behaviour that disrupts others.
- ✓ This is a safe space. Bullying, unkind comments, threats or discrimination are not acceptable.
- ✓ We can be ourselves here. We respect different needs, identities, views and ways of communicating.
- ✓ Learning still matters. We bring or collect our work, complete what has been agreed, and ask for help when we need it.
- ✓ If we are struggling, we tell a member of staff so we can find a safe and sensible way forward.

Learning to realise potential

By using the Wellbeing Hub, we agree to help keep it calm, safe, respectful and focused on wellbeing and learning.
Student full name & form: _____ Date: _____

Wellbeing lead signed: _____

Review date: _____



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Upcoming dates for the diary:

September 2026:

18 September: - Youth Mental Health Day

October 2026:

Black History Month

10th October 2026 - WORLD MENTAL HEALTH DAY! (Keep an eye out for further updates)

November 2026:

Disability History Month

10-14th November 2026 - Anti Bullying Week

December 2026:

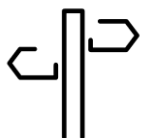
1-7 December: National Grief Awareness Week



For further dates and updates:

https://www.rethink.org/campaigns-and-policy/awareness-days-and-events?gad_source=1&gad_campaignid=1527282847&gbraid=0AAAAAD1wAR_2YM_K_Jkb8mLBXKpWNng-G0&gclid=EAIaIQobChMIj5v177nclgMV89EBx0aTij3EAAYASAAEgIkB_D_BwE

Signposting & Support:



In any event of a mental health emergency, Call 111.

Enfield Youth Development Service (YDS): Offers positive activities, youth clubs, and the Youth Leadership Academy for ages 13-19.

Email: youthenfield@enfield.gov.uk

Phone: 020 4604 0684

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].

select mental health option





World Mental Health Day 2026



Your experience matters. Your voice matters. We hear you.

Saturday 10th October 2026

World Mental Health Day is an opportunity for us all to think about our mental health, challenge stigma and, most importantly, talk.

This year, we want to focus on something really important at Winchmore: **making sure our students feel heard.**

Sometimes you might want advice. Sometimes you might need support. And sometimes you might just need someone to listen without trying to fix everything.

That's what these sessions are about.



COME AND HAVE A CHAT

To mark World Mental Health Day, the **Wellbeing Hub** will be open to **ALL** students for informal chat and catch-up sessions:



Friday 9th October & Monday 12th October 2026



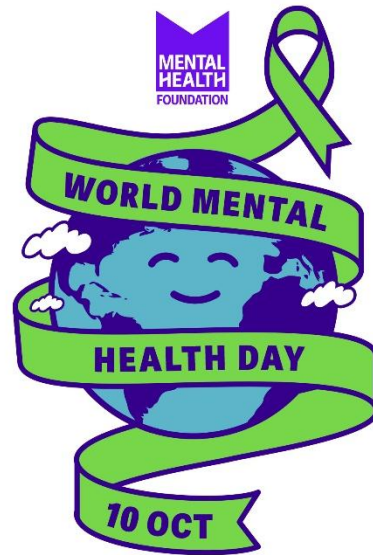
Winchmore Wellbeing Hub



Break: 10:30am-11:15am | Lunch: 1:15pm-2:00pm

There's no agenda and no pressure to talk about anything you don't want to.

Come in on your own or bring a friend. Have your lunch, grab a snack, have a drink and spend some time with the Wellbeing Team.





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You don't need to be having a bad day to visit Wellbeing.

You might want to talk about school, friendships, stress, exams, home, something that's been bothering you – or **absolutely nothing serious at all!**

We want the Wellbeing Hub to be somewhere you know you can come when you need it.



We'll listen.



You can talk.



We'll work it out together.

One small thing...

For World Mental Health Day, we'd also like everyone to think about one simple question:

"What helps me when I'm not feeling quite myself?"

It could be music, exercise, gaming, talking to someone, going outside, spending time with friends, having some quiet time or something completely different.

Knowing what helps **you** is an important part of looking after your wellbeing.

Come and tell us yours, we'd love to create a student-led "What Helps Us" display in the Wellbeing Hub.

A reminder to keep a look out for assemblies and posters around school with more updates... and finally remember, ***WE DON'T JUST CELEBRATE THIS FOR ONE DAY, WE CELEBRATE POSITIVE MENTAL HEALTH ALWAYS***

<https://www.mentalhealth.org.uk/our-work/campaigns/world-mental-health-day>

<https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/world-mental-health-day/>

<https://www.who.int/campaigns/world-mental-health-day>





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Phones in the Wellbeing Hub:

Here in the Wellbeing Hub, we want to make sure it continues to feel like a calm, safe and supportive space for everyone.

To help protect your wellbeing and mental health, we are now asking all students to hand their phones in when they arrive at the Hub. We hope this will help take away any worries or pressures around using your phone while you are with us, and allow you to have some time away from it.

Your phone will be kept safe while you are here and returned to you when you leave.

We hope this small change helps make your time in the Hub feel a little calmer and gives you the space to focus on yourself.

