Winchmore's Wellbeing Newsletter: 02

Dear all,

Welcome to Volume 02 of Winchmore's Wellbeing Newsletter!

What a busy and rewarding couple of months it has been in Wellbeing! We are excited to get our new workshops up and running, with Miss Nicola launching her Expressive Arts workshop right after half term. We also celebrated World Mental Health Day by wearing yellow in support of YoungMinds on Monday 12th October 2026, and Miss Liu created fantastic bookmarks filled with key mental health support details for our students. On top of that, our Wellbeing Hub has been bustling every break and lunchtime, offering students a warm space to, chat, and relax. Thank you to everyone for making it such a vibrant start to the term, and please be sure to check our upcoming key dates to see what else we have planned! I look forward to seeing you around school.

Mr Halladey –Wellbeing Lead

Wellbeing Team Updates

We are absolutely delighted to welcome **Mrs Shaikh** to the Wellbeing team!

She'll be with us every **Monday, Tuesday, and Friday**, ready to support, listen to, and cheer on our amazing young people. We are so excited to have her on board, welcome to the team, Mrs Shaikh!



Wellbeing Team days/times:

Team Member	Days & Location
Mr. Halladey	Monday – Friday
Miss Liu	Monday – Friday
Mrs. Shaikh	Monday, Tuesday & Friday
Ms. Nicola	Monday & Tuesday
Ms. Christofi	Tuesday *(Sixth Form)* & Wednesday *(Wellbeing)*

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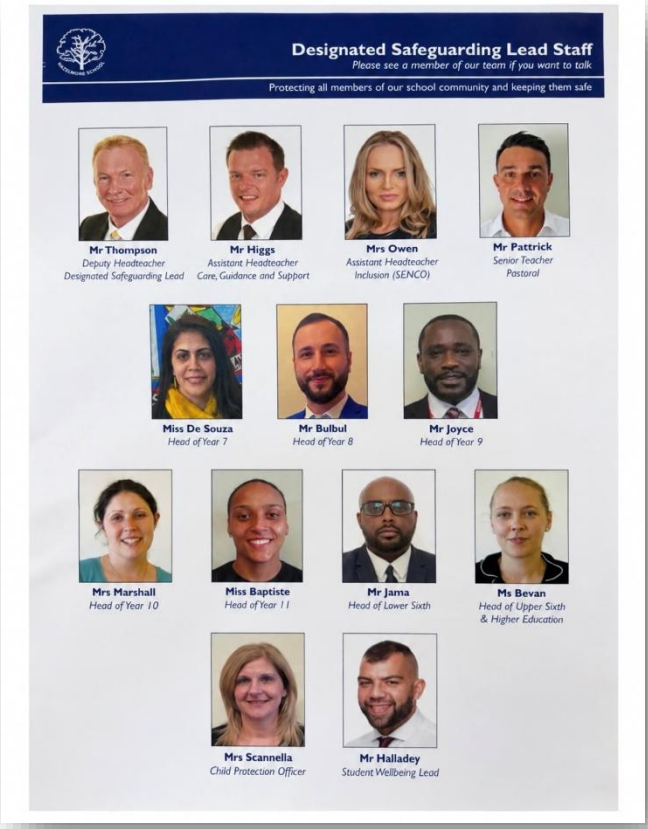
2026 Safeguarding:

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

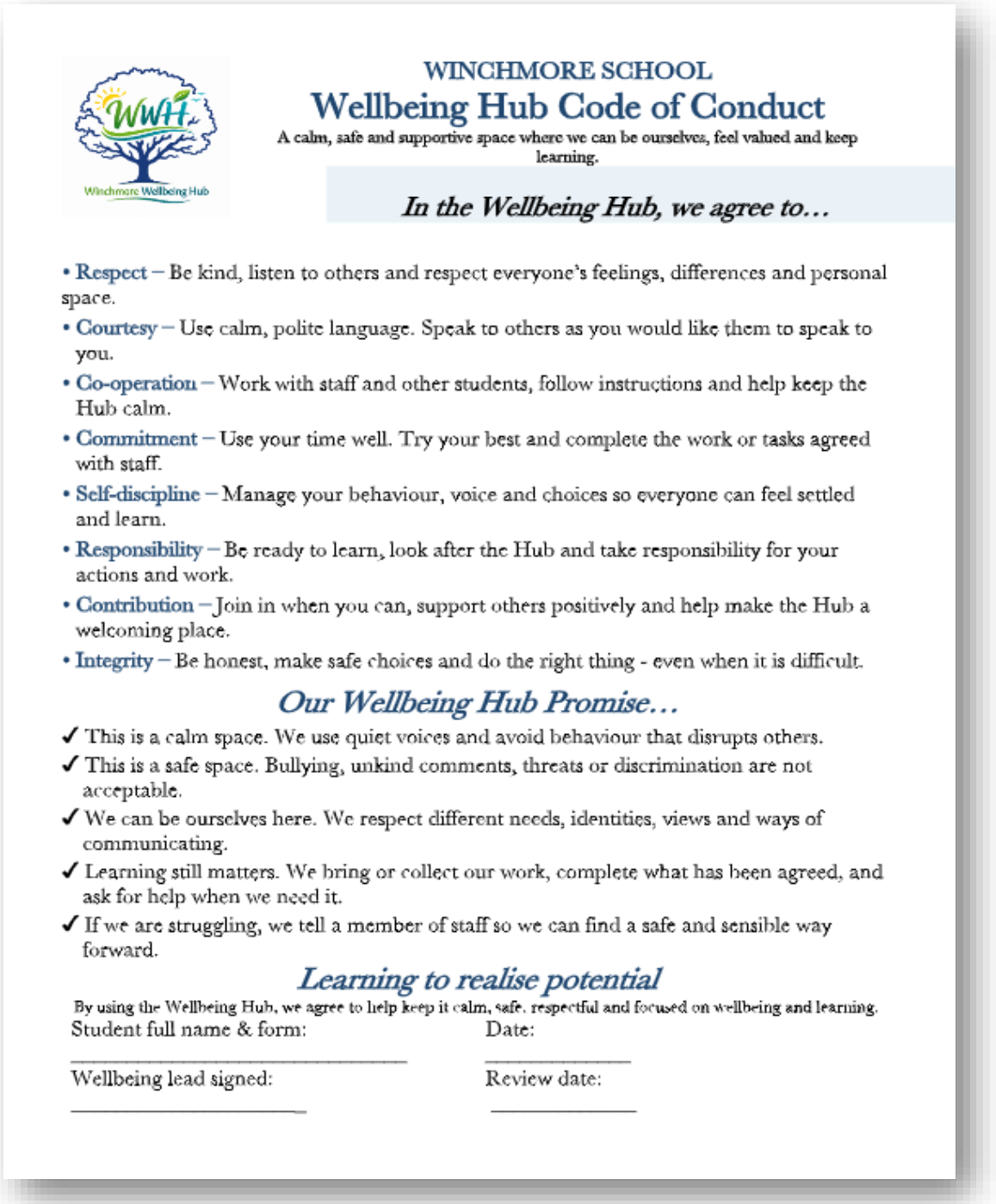
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Winchmore's Wellbeing Code of Conduct

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:

October 2026:

Black History Month

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_2YMK_Jkb8mLBXKpWNng-G0&gclid=EAIaIQobChMIj5v177nclgMVs89EBx0aTij3EAAYASAAEgIkB_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





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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.



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Our Wellbeing Journey:



just like us · Anna Freud · NHS · MyME · mind · kooth · PAST · Campaign Against Living Miserably · THE MIX · shout 85258 · childline