





School Support

Prep School has a dedicated space, the Lavender Room, for pupils to drop into during lunchtimes and breaks if they need emotional support. The School can signpost to qualified counsellors, in School Dr Barron offers mentoring. There is a successful Buddying system where Year 8 pupils are trained to listen and support younger children around friendships, school-work and general life ups and downs. Additionally, a Year 8 Wellbeing Monitor group also offer peers a non-judgemental listening ear. Just like physical first aid, a number of staff are qualified mental health first aiders. On a Friday morning breaktime, the Reverend Loone is available for life guidance and support in the Lavender Room. Every Tuesday between 1.15pm and 1.45pm, the Chapel is open for silent reflection for Year 7 and 8.



Resources for parents and guardians

Please see the Prep School weekly newsletter for resources around wellbeing and mental health. Advice and guidance for parents and carers to help them support a child or young person experiencing poor mental health or wellbeing – **Anna Freud National Centre for Children and Families:**

<https://www.annafreud.org/parents-and-carers/>

Parents' guide to online safety – everything you need to know about keeping young people safe online:

<https://nationalonlinesafety.com/guides>

You can email **Dr Victoria Barron**, Prep

barron@bromsgro-e-school.co.uk or

Mr Ben Ettl-Leal, Pre-Prep

benett-leal@bromsgro-e-school.co.uk with any concerns about wellbeing at School.

Email addresses for pupils to have their voice heard

mboarding@bromsgro-e-school.co.uk

The boarding community can share their views and suggestions

buddies@bromsgro-e-school.co.uk

Pupils can contact the school buddies for support