



# Year 8 Health and Wellbeing Map



**Contact Details**  
**Mrs Tumelty**  
**F7**  
 tumeltye@hwbcymru.net

Ambitious, capable learners, ready to learn throughout their lives	Enterprising, creative contributors, ready to play a full part in life and work
Ethical, informed citizens of Wales and the world	Healthy, confident individuals, ready to lead fulfilling lives as valued members of society

**Senior staff/ safeguarding support:**  
 Mrs Yarrow  
 Mr Thompson  
 Mrs Bennett

**Autumn Term 1**  
**CAREERS AND FUTURE PLANNING**

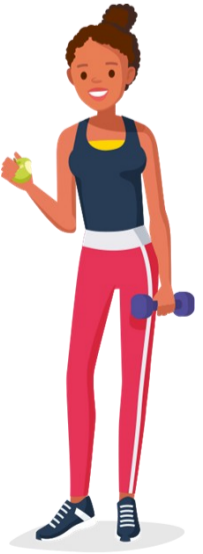
**Autumn Term 2**  
**DIVERSITY**

**Spring Term 1**  
**MY WELLBEING**

**Spring Term 2**  
**RESPECTFUL RELATIONSHIPS**

**Summer Term 1**  
**DIGITAL FOOTPRINT**

**Summer Term 2**  
**HEALTH PROTECTION**



**Year 9**

**We are always here for you**  
**Speak to:**  
 Your form tutor  
 Teachers  
 Achievement Leader  
 Head of School  
 Wellbeing & achievement team

**Useful contacts**  
**Respect**  
 08088024040  
**The Mix**  
 08088084994  
**Childline**  
 08001111

**Useful websites**  
**Childline**  
<https://www.childline.org.uk/>  
**Young Minds**  
[www.youngminds.org.uk](http://www.youngminds.org.uk)  
**Talk to Frank**  
[www.talktofrank.com](http://www.talktofrank.com)  
**Thinkuknow**  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)  
**Young minds**  
[www.youngminds.org.uk](http://www.youngminds.org.uk)