



Year 10 Health and Wellbeing Map



Contact Details
Mrs Tumelty
F7
 tumeltye@hwbcymru.net

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|--------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| 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
STAYING SAFE



Autumn Term 2
MENTAL AND EMOTIONAL WELLBEING

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



Spring Term 1
HEALTHY RELATIONSHIPS

Spring Term 2
HEALTHY RELATIONSHIPS



Summer Term 1
REVISION AND EXAM SUPPORT



Summer Term 2
REVISION AND EXAM SUPPORT



Year 11



Useful contacts
Respect
 08088024040
The Mix
 08088084994
Childline
 08001111
Natalie Lewis
(Careers Wales)

Useful websites
Childline
<https://www.childline.org.uk/>
Young Minds
www.youngminds.org.uk
Talk to Frank
www.talktofrank.com
Thinkuknow
www.thinkuknow.co.uk
Young minds
www.youngminds.org.uk
Careers Wales
<https://careerswales.gov.wales/>
BBC Bitesize: Careers
<https://www.bbc.co.uk/bitesize/careers>