

# Sixth Form Well-Being and Support (Pastoral and Academic)



Where to go? Who to  
speak to?



## Supporting Sixth Form Students

### Where to go? Who to speak to?



PASO = Pastoral and Academic Support Officer (Mrs Bonham): [cbonham@bestacademies.org.uk](mailto:cbonham@bestacademies.org.uk)



Assistant Head of Sixth Form: Head of Year 12 – Mr Tonking: [ctonking@bestacademies.org.uk](mailto:ctonking@bestacademies.org.uk)

Assistant Head of Sixth Form: Head of Year 13 – Mrs Hoad: [shoad@bestacademies.org.uk](mailto:shoad@bestacademies.org.uk)

Sixth Form admissions, bursary and administration: Miss Butler: [sbutler@bestacademies.org.uk](mailto:sbutler@bestacademies.org.uk)

Head of Academia: Professor Hubbard: [lhubbard@bestacademies.org.uk](mailto:lhubbard@bestacademies.org.uk)

Associate Principal - Head of Sixth Form: Mr Huckle: [lhuckle@bestacademies.org.uk](mailto:lhuckle@bestacademies.org.uk)

Where do I go and who do I speak with if.....	Member of staff to speak to and/or place to go
<p>Workload concerns/stresses</p> 	<p style="text-align: center;">Form tutor in the first instance.</p> <p>Subject teachers if applicable to one subject. You could also speak to the KS5 Leader for that course</p> <p style="text-align: center;">Sixth form team (PASO and/or Head of Year) if unresolved and/or if it involves more than one subject. The sixth form team can be found in the sixth form office.</p> <p style="text-align: center;">If unresolved please see Head of Sixth Form</p>
<p>Friendship issue/worries/concerns</p>	<p>PASO and/or Head of year</p>
<p>Illness/attendance concern</p> 	<p>PASO</p>
<p>Bursary, parking permit and/or administration question/concern</p>	<p>Miss Butler: <a href="mailto:sbutler@bestacademies.org.uk">sbutler@bestacademies.org.uk</a></p>

## Feeling stressed, anxious, and overwhelmed



Form tutor in the first instance.

Sixth form team (PASO and/or Head of Year) if unresolved and/or if it involves more than one subject. The sixth form team can be found in the sixth form office.

If unresolved please see Head of Sixth Form

Also use these links:

<https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/student-stress-self-help-tips/>

<https://www.prospects.ac.uk/applying-for-university/university-life/5-ways-to-manage-student-stress>

<https://www.tvmc-gttenham.org/digitalpractice/wellbeing-centre/mental-health/>

## Transport to school concern e.g buses



Mr Candlin: [rcandlin@bestacademies.org.uk](mailto:rcandlin@bestacademies.org.uk)

## Relationships and Sex Advice and Guidance



Sixth form team (PASO and/or Head of Year)  
The sixth form team can be found in the sixth form office.

Links to advice and guidance services:

<https://nolimitshelp.org.uk/get-help/health-wellbeing/relationships-sexual-health-sexuality/>

<https://www.relate.org.uk/find-my-nearest-relate/centre/bedfordshire-luton-relate-centre>

<https://directory.luton.gov.uk/kb5/luton/directory/service.page?id=VPISRKU9Si4>

<https://www.opencounseling.com/united-kingdom/bedford/counseling-agency/relate-bedfordshire>

## Teaching and learning concern



KS5 Leader of the course where the concern is.

If unresolved please see Head of Year in the sixth form office.

If unresolved please see Head of Sixth Form

## Mental health support and guidance



Access the NHS website for student mental health. This outlines a variety of mental health situations appropriate for students and divides them into the following categories:

- 1) Common problems students face
- 2) What can you do now?
- 3) Real stories
- 4) Mental well-being audio guides

<https://www.nhs.uk/conditions/stress-anxiety-depression/student-mental-health/?tabname=common-problems>

Sixth form team (PASO and/or Head of Year). The sixth form team can be found in the sixth form office.

If unresolved please see Head of Sixth Form.

Remember you can also access support and advice through your doctor/GP.

Some of the agencies you and the PASO can access:  
Some of the agencies the school or you can access:

- 1) **CHUMS**: Mild to moderate mental health and emotional well-being service. Group and family work. [www.chums.uk.com](http://www.chums.uk.com)
- 2) **CAMHS**: A team supporting the students and young people who are experiencing difficulties with their emotional or behavioural well-being: mental health diagnosis, self harm for 5-18 year olds: [www.camh.org.uk](http://www.camh.org.uk)
- 3) **RELATE**: 1-2-1 therapeutic counselling sessions for 5-21 year olds: [www.relatebedadnluton.org.uk](http://www.relatebedadnluton.org.uk)
- 4) **OPEN DOOR** in Bedford: the service works with a wide range of concerns including anxiety, depression, bereavement, loneliness, self-

## Mental health support and guidance - CONTINUED



esteem, difficulties in relationships, self-injury and eating problems.

Drop-ins: Saturday morning between 10.30-12.00pm or Tuesday evening between 4-6pm in Bedford

5) **YOUNG MINDS – Crisis management, text advice service:** can help with urgent issues such as: Suicidal thoughts, abuse or assault, self-harm, bullying, relationship issues. Please text YM to 85258

6) **BEDFORDSHIRE WELL-BEING SERVICE:** A range of free and confidential talking therapies and specialist support to help you feel better for those aged 17+. Self referral either via online referral form or phone:

[www.bedfordshirewellbeingservices.nhs.uk/get-started/](http://www.bedfordshirewellbeingservices.nhs.uk/get-started/)

01234 880400

7) **THE SURVIVORS TRUST (TST):** Support for the impact of rape, sexual violence and childhood sexual abuse throughout the UK and Ireland: Free, confidential helpline and signposting – 08088010818

8) **KOOTH:** an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop. <https://www.kooth.com/>

## Accommodation/housing issues/concern



Sixth form team (PASO and/or Head of Year). The sixth form team can be found in the sixth form office.

If unresolved please see Head of Sixth Form

Also use these links:

<https://www.centralbedfordshire.gov.uk/info/132/homes>

## Safeguarding and/or child protection concern



A member of the safeguarding and child protection team. In the first instance this should be the sixth form PASO (Mrs Bonham) but if not available please see one of the following staff members who are the safeguarding and child protection team:

Dr Hood (DDSL) – [chood@bestacademies.org.uk](mailto:chood@bestacademies.org.uk)

Mr Rowel (DSL): [trowell@bestacademies.org.uk](mailto:trowell@bestacademies.org.uk)

Mrs Bonham (PASO): [cbonham@bestacademies.org.uk](mailto:cbonham@bestacademies.org.uk)

Mrs Abbot: [jmabbott@bestacademies.org.uk](mailto:jmabbott@bestacademies.org.uk)

Mrs Sagers: [jsagers@bestacademies.org.uk](mailto:jsagers@bestacademies.org.uk)

Mrs Clark: [tclark@bestacademies.org.uk](mailto:tclark@bestacademies.org.uk)

UCAS applications/apprenticeship applications/job applications – concerns, advice and guidance



UCAS – Form tutor in the first instance and then Head of Year. Also use the UCAS survival guide.

Apprenticeships – Careers team:  
Mrs McMillan: [jmcmillan@bestacademies.org.uk](mailto:jmcmillan@bestacademies.org.uk)  
Miss Foreman: [eforeman@bestacademies.org.uk](mailto:eforeman@bestacademies.org.uk)

Head of Year  
PASO

Job applications - Careers team:  
Mrs McMillan: [jmcmillan@bestacademies.org.uk](mailto:jmcmillan@bestacademies.org.uk)  
Miss Foreman: [eforeman@bestacademies.org.uk](mailto:eforeman@bestacademies.org.uk)

Head of Year  
PASO

Young carers support, advice and guidance



Access the following part of the school website to access the staff who can assist you:

<https://www.samuelwhitbread.org.uk/page/?title=Young+Carers&pid=57>

You can also access the young carers network:  
<https://carers.org/about-us/about-young-carers>

Oxbridge, Medicine, Vet Med and Russell Group Universities advice and guidance. Also access to The Society.



Head of Academia – Professor Hubbard:  
[lhubbard@bestacademies.org.uk](mailto:lhubbard@bestacademies.org.uk)

Alcohol and drugs support

Sixth form team (PASO and/or Head of Year). The sixth form team can be found in the sixth form office.

If unresolved, please see Head of Sixth Form.

Remember you can also access support and advice through your doctor/GP.

Agency support the PASO or you can access:  
**AQUARIUS:** Alcohol and drugs support: 1-2-1 psychosocial support, family sessions, group work that supports 5-19 year olds.  
<https://aquarius.org.uk/>