

Welcome to The Well-being Hub

at Prestatyn High School



At PHS we pride ourselves on promoting pupil well-being and supporting their individual needs.

Staff at the Well-being Hub

Our well-being hub is an extremely important and new addition to Prestatyn High School. A space to deliver interventions and provide 1:1 support in a relaxed, safe setting.



Mrs C. Smith Well-being Link Worker
Mrs V. Dobbins Well-being Assistant
Mr J. Williams Student Liason Officer
Mrs H. Masson Attendance Officer
Mrs F. Thompson Attendance Officer

The hub offers a significant level of support to our pupils and their families. We are trained to deliver a range of therapeutic interventions and for those pupils who may require a more specialised approach. We have a range of interventions which include the following

- Anger Management
- Walk and Talk
- Drawing and Talking
- Unearthing
- Lego/Construction Club
- Friends Resilience
- EBSA (emotionally based school avoidance)
- SAP (student assistance programme)
- Meditation and Mindfulness
- Seasons for Growth (bereavement and loss)
- Knitting
- Art Therapy
- Solihull (teenage brain)





Alongside interventions, we offer emotional support daily to our pupils. We offer support with attendance, motivation and engagement. Help boost self-esteem and confidence. Encourage positive communication between pupils and staff, and promote healthy friendships and social interactions.



Resources

Some helpful resources for pupils and their families.



Childline 0800 1111



CAMHS <https://www.CAMHS-resources.co.uk/downloads>



Calm (meditation and sleep)



Viva LGBT <https://www.vivalgbt.co.uk>



MIND (stress management) <https://www.mind.org.uk>



Barnardo's Boss Service www.barnardos.org.uk



“Achievement for all, through positivity and responsibility”

