Nearly everyone goes through a tough time at some stage. At Bromsgrove School there is a wide network of support and people that you can turn to if you are finding life difficult.

Some problems that you might have to deal with include:

- Another pupil treating you unkindly or making you feel uncomfortable
- You are being bullied
- You feel you have been treated unfairly by a member of staff
- You are being discriminated against
- You are experiencing problems at home
- · Having difficulty making new friends
- Having problems with school work
- You feel that you have been abused
- Or anything else you think is wrong.

At times like these, you may just feel that you would like to talk to someone who will listen and help.

If you have any concerns about School life you can email us:

Boarding concerns: myboarding@bromsgrove-school.co.uk

Something you have seen or heard at School that concerns you: callitout@bromsgrove-school.co.uk

Food concerns: food@bromsgrove-school.co.uk

This leaflet signposts you to some people in School who can help.

WHO TO TURN TO FOR HELP OUTSIDE OF SCHOOL

NSPCC

Helpline 0800 800 5000 Email: help@nspcc.org.uk Website: www.nspcc.org.uk

Worcestershire Social Services

01905 822666 or 0845 607 2000 Out of hours Emergency Duty Team:

01905 768020

Website: www.worcestershire.gov.uk/

childrenssocialcare

Email: socialcare@worcestershire.gov.uk

Office of the Children's Commissioner

www.childrenscommissioner.gov.uk Telephone: 0800 528 0731

Childline

0800 1111 https://www.childline.org.uk/

BOARDERS

If you have any concerns about your welfare or the School you may wish to contact:

ISI (Independent Schools Inspectorate) Telephone: 0207 600 0100

Email: concerns@isi.net Website:www.isi.net

Or if you have personal problems or concerns about School and wish to talk to someone you may wish to contact:

Our School's Independent Listener, Mrs Gail Hayward

Telephone: 07984 869070 Email: gs.havward@btinternet.com

The Samaritans

Telephone: 116 123 Email: jo@samaritans.org Website: www.samaritans.org



WHERE DO I TURN?

Advice for Pupils



Deputy Head Pastoral

Is at the top of the School and so is always there for your welfare.

The Chaplaincy

Reverend Hedworth & Reverend Loone are very approachable and experienced.

The Health Centre

The Health Centre is confidential and the nurses are fully trained and easy to approach. They can arrange for you to talk to our Youth Support Worker or Counsellor.

Monitors, Mentors and Buddies

They have gone through the School and experienced the same things.

The Wellbeing Team

This includes Miss Leech and our Wellbeing Nurse, Mrs Henderson: wellbeing@bromsgrove-school.co.uk

The School's Independent Listener

Mrs Gail Hayward email: gs.hayward@btinternet.com

The School's Safeguarding Team

Every House has a poster on display showing the team members.

Any Member of Staff

Your Friends and Family