








Time	Workshop talks	Where
Year 10: 1pm - 1:30pm Year 11: 1:30 – 2pm	 <p>We welcome Emma into school delivering advice around contraception & sexual health</p>	Year 7 Room
Year 10: 1:30pm – 1:50pm Year 11: 1pm – 1:30pm	<p>We welcome Amy from Gro Health who will offer support around nutrition, physical activity, and sleep to help you stay a healthy weight.</p> 	Year 8 Room
Year 10: 1:50pm – 2:10pm Year 11: 2pm – 2:20pm	 <p>School Nursing Team We welcome James into school who will talk about essential health support & guidance to promote student health and wellbeing within school and the community</p>	Year 10 Room
Year 10: 2:10pm – 2:30pm Year 11: 2:20pm – 2:40pm	<p>We are pleased to welcome Sophie from the LGBTQ+ Project into school. She will be offering support and guidance around sexuality, sex, and gender, helping students to look after their mental health and overall wellbeing</p> 	Year 6 Room
Year 9: 1pm -1:20pm Year 10: 2:30pm – 2:50pm Year 11: 2:40pm – 2:55pm	 <p>We welcome Leeway into school, offering advice, support and resources around young people's health relationships.</p>	Science Room
Year 10: 2:50pm – 3:10pm Year 11: 2:55pm – 3:10pm	<p>Advice & support today from The Matthew Project who work alongside young people and adults to overcome the impact of drugs, alcohol and mental health issues so they can live life more fully</p> 	Year 11 Room
	 <p>REDI team (Relocation, Ethnic Diversity and Integration) will be discussing how they support children and families from diverse backgrounds, focusing on international new arrivals, refugees, and ethnic diversity.</p>	

Monday 27th April 2026



As a school we would like to thank Leanne Clarke (Early Help Community Worker) for co-ordinating our sessions today.