The Team

Mrs Westcott

Wellbeing and Safeguarding Manager Can be found in N8.

To contact me, email lwestcott@ahs.bucks.sch.uk

Mrs Kiteley

Wellbeing Assistant

Can be found in N8.5.

To contact me, email fkiteley@ahs.bucks.sch.uk

Mrs Nix

Matron

Can be found in Matrons office.

or contact via email snix@ahs.bucks.sch.uk

"It's really nice to have someone to talk to about anything with no judgment" Year 11 student

"The Wellbeing team and department are both incredible and the space is a nice place to chill out, relax or take time out if and when you need it with experienced staff on stand-by whenever you need them" Year 10 student

Appointments

KS3 Students

Please email Mrs Kiteley on fkiteley@ahs.bucks.sch.uk who will then send you a referral form and arrange a time to meet. Appointments will be arranged in either form, break or lunch.

KS4 Students

Please email Mrs Westcott on lwestcott@ahs.bucks.sch.uk who will then send you a referral form and arrange a time to meet. Appointments will be arranged in either form, break or lunch.

KS5 Students

Please email Mrs Westcott on lwestcott@ahs.bucks.sch.uk who will then send you a referral form and arrange a time to meet. Appointments will be arranged during tutor time and study periods.

Students will receive an email and if requested a reminder closer to the appointment time. A student will only be collected from the classroom if they do not respond to their email nor arrive for their appointment, therefore it is IMPORTANT that students that have requested an appointment check their emails regularly. If you need to rearrange please let us know as soon as possible.

Wider Support

In school there are many people who we work together with to ensure the students are fully supported. These include:

- Counsellor
- · Form Tutors
- Head of Year
- Parents & Carers
- SEND

DID YOU KNOW there is a great Wellbeing section in the AHS library?





"The well-being team were so helpful & understanding & I am so grateful for all their help with everything!"

Year 11 student

"I saw Mrs Kiteley for a few weeks whilst I settled into AHS as I found the move to secondary school so overwhelming"

Year 7 student

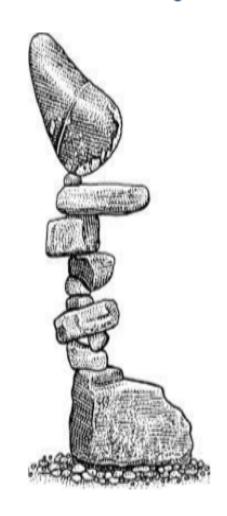
EVERY PLANT HAS THEIR OWN REQUIREMENTS IN ORDER TO GROW...



AND SO DO PEOPLE.

AHS

Health & Wellbeing Team



Find your balance