

## The Team

### Mrs Westcott

Wellbeing and Safeguarding Manager

Can be found in N8.

To contact me, email [westcott@ahs.bucks.sch.uk](mailto:westcott@ahs.bucks.sch.uk)

### Mrs Kiteley

Wellbeing Assistant

Can be found in N8.5.

To contact me, email [fkiteley@ahs.bucks.sch.uk](mailto:fkiteley@ahs.bucks.sch.uk)

### Mrs Nix

Matron

Can be found in Matrons office.

or contact via email [snix@ahs.bucks.sch.uk](mailto: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](mailto: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 [westcott@ahs.bucks.sch.uk](mailto:westcott@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 [westcott@ahs.bucks.sch.uk](mailto:westcott@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