

# **Emotional Health and Wellbeing at Penwortham Girls' High School**

Penwortham Girls' High School is committed to promoting the emotional health and wellbeing of all our students and staff.

## **What we do as a school:**

- We have a team of trained Mental Health First Aiders who can provide support for students when they are struggling mentally.
- We have two professional Counsellors who provide intensive support to students who require it.
- We have a Family Support Worker who can provide support to both the child and their family where it is required.
- We liaise with a range of external agencies to provide support, including the Compass Mental Health Support Team, School Nurse, CAMHS and the Phenix / Butterfly Project.
- We take a proactive approach, regularly surveying our students' mental health through the use of Class Charts Wellbeing surveys and regular pupil voice surveys.
- We provide all staff with up-to-date training and updates on mental health.
- We ensure all students understand how to look after their emotional health and wellbeing as well as how they can share their concerns, through Life Skills lessons.
- We deliver regular assemblies covering a range of wellbeing topics.
- We actively involve our students in the promotion of student wellbeing through the Happy Minds Council.
- We coordinate and promote staff wellbeing through half termly meetings of the Staff Wellbeing Committee.

## **Meet the Emotional Health and Wellbeing Team**

If you are concerned about your child's emotional health and wellbeing, there are several possible avenues of support. In the first instance, you should contact your child's Head of Year. They will work with you and your child to identify the next steps and can then make a referral or arrange another form of support.

## Meet the team:



**John Ramsdale**

Senior Assistant Headteacher, Senior  
Mental Health Lead and Pastoral  
Lead Y10 & Y11



**Annabel Garlick**

Head of Year 8



**Ben Ward**

Senior Assistant Headteacher –  
Pastoral Lead Y7 – 9



**Heather McKeown**

Head of Year 9



**Catherine Arrowsmith**

Family Support and Early Help  
Worker



**Rebecca Singleton**

Head of Year 10



**Philip Dean**

Head of Year 7



**Callum Coogan**

Head of Year 11



**Alison Cattanach**

Associate Assistant Headteacher & Y6  
to Y7 Transition Manager



**Michelle Murray**

Mental Health First Aider

**Marie Jones**  
Counsellor



My name is Marie Jones and I trained as a Counsellor in 2010 after many years working as a Young Peoples Worker. I completed a Graduate Diploma at UCLAN and since then have counselled adults, children, and teenagers privately and in schools.

I have been providing counselling in PGHS since January 2022 alongside another Counsellor, Carrie. I am lucky to do a job that I love, and it is a privilege to work with young people

I have many interests outside of work including travelling, spending time with my family, going out with friends and cuddling my 2 cats; Taz and Ziggy. I am from Liverpool but have lived in Penwortham since 1994. It is great to live and work in my own community.

Pupils can access Counselling by asking a member of staff to refer or come directly to us – it is a valuable service that the school provide.



**Nicola Byard**

Mental Health First Aider

**Carrie Yih**  
Counsellor



**Severine Raine**

Mental Health First Aider

My name is Carrie, I started my counselling journey in 2017 and graduated with BA (HONS) with diploma in counselling & Psychotherapy & Hypnotherapy. My background is working in mental health, hospitals, schools, with adults and young people, covering a variety of complex disorders. I have worked for Penwortham Girls' High School since 2021 as their school counsellor, jointly with Marie, our other counsellor. I am very grateful to have a job I love and I am very passionate about. My hobbies are swimming, socialising and walking. My favourite colour is orange, as orange is the colour of positive cheerful energy, which I aim to deliver to our students. I love spending time with my family of 4 boys and my 2 dogs, Rosie and Angel. My interests are reading and travelling and eating Chinese. Working for Penwortham Girls' High School I have been made to feel welcome and they provide an outstanding service to their students. I am blessed to be part of their team.



**Rosie Cahill**  
Mental Health First Aider



**Sumayya Ibrahim**  
Mental Health First Aider



**Rachael Lucas**  
Mental Health First Aider



**Vicky Little**  
Mental Health First Aider