

**BIDDENHAM INTERNATIONAL
SCHOOL
& SPORTS COLLEGE**



THE SANCTUARY



INFORMATION FOR PARENTS

The Sanctuary is a place of wellbeing for all our students.

It is the school's medical/holistic centre, staffed all day by our Sanctuary Co-ordinator who is first aid trained.

The Sanctuary is a place for students who may fall ill during the day, have an accident or injury to be taken care of, or a place where students can access as part of a transitional process in getting back to a class environment after long term sick leave. The Sanctuary can also provide support for a young person's emotional needs if they are experiencing a difficult time.

The centre offers outside Counselling Services during the school day to help and support our students. An overview of these is:

Child and Adolescent Mental Health (CAMH): CAMH provide assessments, support and treatment for children experiencing moderate to severe mental health problems. The service works to provide students with a greater knowledge of their condition and improve coping techniques.

A community mental health nurse and CAMH outreach worker comes into school and carries out assessments on students who have had referrals made about them either through staff or parents. She can then advise on a plan of action for the students to be referred to their services for an assessment after talking with her professional colleagues or advising on which outreach service the student is best suited to and for us to make this contact with those services.

Bedford Open Door:

They are committed to offering an accessible, confidential and professional counselling service to young people. Their aim is to enable young people to manage their own lives with confidence and safety. They provide the resources for students to deal with distress achieve healthy emotional and physical development and sustain education, training and employment.



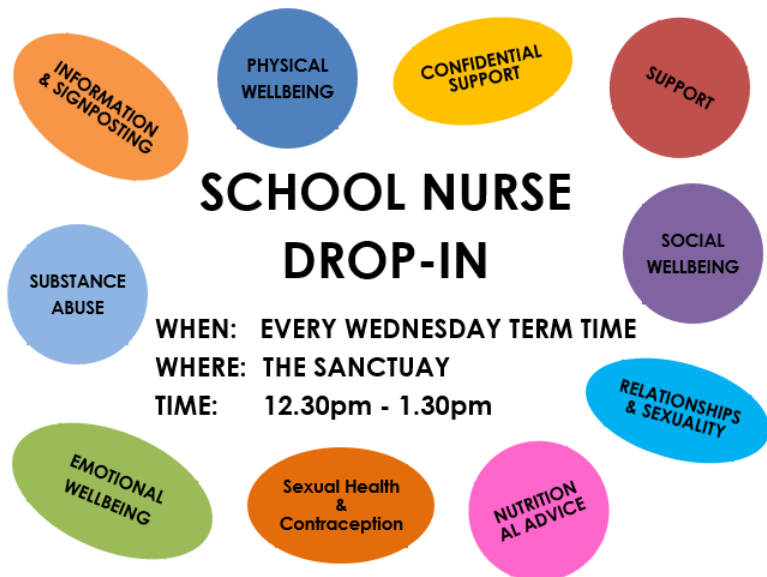
Aquarius:

Aquarius is a young people's drug and alcohol service covering Bedford Borough and Central

Bedfordshire. The service works with young people aged 5-18; are part of CAN, a drug, alcohol and homelessness charity which has services across Bedfordshire and Northamptonshire.

School Nursing Service:

NHS nurse, Chelsie Shaw, is available to the students on Monday lunchtimes to talk about any concerns the students may have.



In addition, the students are allowed to visit the centre in break times for a chat or if they need a bit of ‘time out’.

Who we are



Caroline Gray is our Sanctuary Co-ordinator and First Aider. She looks after students who need access to the Sanctuary and manages and coordinates all the outside agencies that support our students in the Sanctuary. She is also one of the school's Safeguarding Officers.



Abigail Speight is our Inclusion and Wellbeing Co-ordinator. She makes referrals to outside agencies directly or through the early help assessment process. She also manages internal programmes of support your child may need during tutor times (or lesson times if necessary) e.g. motivation, mental health awareness, exam stress. Abigail also provides year group and whole school wellbeing initiatives through assemblies, our ELS programme and mentoring schemes.

We want to help and support your child to ensure that their school life runs smoothly and happily.

The Sanctuary gives the students an opportunity to express their concerns. We have time to listen in a quiet and safe environment.

If you have any concerns regarding your son or daughter you can contact Caroline or Abigail. You are welcome to visit us by making an appointment.

- **Monday - Friday, 8.30am to 2.30pm**

- Telephone: 01234 334572

- Write to us at:
Biddenham International School
& Sports College
Biddenham Turn
Biddenham
Bedfordshire MK40 4AZ

- Email:
caroline.gray@biddenham.beds.sch.uk
abigail.speight@biddenham.beds.sch.uk

Young people

The duty of confidentiality owed to a person under the age of 16 is as great as the duty owed to any other person.

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