



S6C PASTORAL

S6C Pastoral Support - It's All About You

Creating a safe, equal, accessible, and caring environment where you are challenged to Be the Best Version of Yourself.

We can help with all sorts of things - more details on the back of all toilet doors with Who Can Help Me poster.

Mental Health Support & SEND support

Assistance with anxiety, panic, feeling low, and general mental health issues, exam stress, eating and sleeping issues etc

Support for students with special educational needs, and disabilities, and neurodivergence - including lift passes for those who need them.

Financial & Health Advice

Money worries, housing, part time job issues, help with general health concerns - inc pastoral store cupboard (more info to follow).

Home Life & Relationships

Guidance for home life concerns, family dynamics, dedicated support for Young Carers, relationship and friendship issues, settling into college etc.

Safeguarding & Guidance

Handling safeguarding issues to ensure the safety and wellbeing of all students, in and out of college, signposting to additional support services as needed. **LET US KNOW IF YOU ARE WORRIED ABOUT THE WELLBEING OR SAFETY OF YOURSELF OR ANOTHER STUDENT, IN COLLEGE OR OUT OF COLLEGE.**

Access to Free External Specialist Services



Counselling & Substance Support

Direct referrals to external counsellors (paid for by the college) and specialized drug and alcohol support services, who can see you onsite.



Healthcare & Mental Wellbeing

Access to a school nurse and an early intervention mental health team specializing in Cognitive Behavioral Therapy.



Crisis & Specialist Support

Secure connections to dedicated domestic violence support and sexual assault support organizations.



Other trusted agencies

S6C partners with trusted external organizations to ensure you have the professional help required for complex situations (bereavement, Young Carers etc)



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S6C spaces you can use for wellbeing

Quiet Room

The Quiet Room is available for working in an especially calm environment, designed to reduce sensory overload and foster focus. See Rebecca or Nicky for access.

Reflection & Prayer Space

The Reflection Room serves as a quiet space specifically for sitting, contemplation, or decompression during the day.

The room also has a prayer rug, a shoe rack, and a covering sheet for images to accommodate Islamic prayers.

Let Rebecca know if you want to know more, or ask Reception where it is.

Private Appointments

Space is short in college but we can help you find a space if you need to do a health / mental health / careers related online appointment in college, or want to meet an external support worker onsite.

Gym

Stay active - stay well in body and mind! Look out for details on opportunities to use the gym.



Our Dedicated Pastoral Team is Here to Support You

We will be coming round to tutor and classes and breakout areas to meet as many of you as we can.

**Rebecca
Anderson**

S6C Pastoral Lead

S6C Pastoral Lead and
Safeguarding Lead

Rachel & Liz

**Attendance &
Mental Health Leads**

Safeguarding Team

Craig

Assistant Head

Safeguarding Team

Additionally, all tutors and staff members at S6C are part of this support network, ensuring help is always available.



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Reminder about Zero Tolerance



Zero Tolerance Policy

S6C enforces a strict Zero Tolerance Policy. There is absolutely no place for racism, homophobia, transphobia, misogyny, anti-Semitism, ableism, Islamophobia, harassment, or bullying within our community.



Speaking Up

We encourage all students to speak up; if you hear or see something that does not feel right, you must let us know.



Early Support Philosophy

Remember that no problem is too small, and early help is always best. We cannot help if we do not know, so please talk to us.



S6C PASTORAL

Reach Out & Help Build Our Inclusive Community

We encourage you to reach out, talk to us, or message us if you are concerned about yourself or someone else.

Private Chat: Message Rebecca or any pastoral team member to request a private one-on-one chat.

Confidentiality: Your privacy is important your details will only be shared with people who can directly help support you.

Quick Reference: Look for the 'Who Can Help Me at S6C' posters located on the back of all toilet doors.

Be an active part of building a safe and inclusive college community.



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