



Sharples
SCHOOL

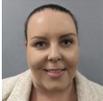
Pastoral support at Sharples Parent Forum - June 2025

C.Wood

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The Pastoral Team

Year Group	Year Coordinator	SLT Link
7	 Jade Roberts	 Jacqui Thomas
8	 Nick Sharples	 Sophie Curzon
9	 Lucy Edwards-Edge	 Farzana Khan
10	 Elisha Cookson	 Sam Jackson
11	 Bethany Chisholm	 Lee Savage

Safeguarding team

Designated safeguarding lead (DSL):

C.Wood



Deputy Designated safeguarding leads (DSL):

C.Molyneux

L.Savage



Year Safeguarding Leads



P. Paton
FLOfficer



J. Roberts
7



N. Sharples
8



L. Edwards-Edge
9



E. Cookson
10



B. Chisholm
11



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School Counsellors



- We have a counsellors in school every day
- Pupils can self-refer or speak to their YC

SHARPLES SCHOOL NURSE DROP IN

School Nurse - **Lisa Clemmets**

WEIGHT MANAGEMENT

EMOTIONAL HEALTH

Puberty

**Self-Harm Advice &
Support**



Exam Pressures
Health Promotion

Bereavement
support

HEALTH & LIFESTYLE

LGBTQ support

CONFIDENTIAL ADVICE

Every Tuesday lunchtime

In the temporary block office (Year 7 yard)

... for a **better** Bolton

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MHST





Greater Manchester
Mental Health
NHS Foundation Trust

Get Appy!

Help with anxiety:

- MindShift** Free
An app to help you understand, reflect and manage your anxiety, worry, panic and/or phobias. It provides you with the tools to face your anxiety rather than avoid it. You can learn, set yourself goals and engage in different activities.
- SAM: Self-help for Anxiety Management** Free
Observe how anxiety affects you over time; this app helps you to understand and manage your anxiety through self-help exercises and private reflection.
- My Possible Self** Get 14-day trial
Follow the simple learning modules which focus on different things (stress, worry, unhelpful thinking and many more). The modules include a learning section and an activity section. It is a great way to take control of your thoughts, feelings and behaviours.
- Stress & Anxiety Companion** Free (1 in-app purchase)
This app helps you to manage anxiety on-the-go. It has breathing exercises, relaxing music and games. It helps you to challenge your negative thoughts to help you cope with life's ups and downs. A simple yet effective app.

Help with low mood / depression:

- Daylio** Free
This diary tracker lets you record your mood and activities in order to identify patterns of behaviour that may be contributing to your low mood. You can then use this information to create more positive patterns and improve your mood.
- Moodfit** Free
Customise goals, gain insight into what brings you up and down, use tools including challenging thoughts, mindfulness, breathing and grounding to boost your mood as well as improve your sleep and general wellbeing.
- Moodpath** Free (1 in-app purchase)
An app to assist you on your journey to taking control of your thoughts and feelings. Identify patterns through the diary, read useful information and listen to audio tracks for guidance and encouragement.

Recommended by nhs.uk and mindandhonor.co.uk although they are not the authors.
Sponsored Greater Manchester 10 Day 50p offer.





Greater Manchester
Mental Health
NHS Foundation Trust

Help with anxiety AND low mood / depression:

- Catch It** Free
This app teaches you how to look at problems in a different way and turn negative thoughts into positive ones. You can look back over your diary and see how/if things change and notice patterns. It is great tool to help you challenge your thoughts and manage the negative feelings.
- What's Up** Free (1 in-app purchase)
An app to help recognise, understand and cope with different difficulties including anxiety, depression, anger, low self-esteem and stress. It covers information, coping strategies, a personal tracker and "Help Right Now". This app is text heavy so may not be suitable for younger children.
- Uplift** Free (1 in-app purchase)
This app provides you with a course of 12 interactive sessions where you'll answer questions, do mental exercises and receive guidance. After the sessions you will unlock tools to enable you to apply the skills you have learned.

Help with self-harm and/or suicidal thoughts:

- Calm Harm** Free
Calm Harm is an app designed to help people resist or manage the urge to self-harm. It is easy to use and includes different 1 minute, 5 minute and 15 minute activities to help you "ride the wave" and help the urge to pass.
- distrACT** Free
This app aims to increase your knowledge about self-harm and give practical advice and ideas for suicide prevention and safer alternatives to self-harm. It includes information about self-harm, self-help tips and a fantastic Chill Zone with some great suggested activities.
- Stay Alive** Free
Packed full of useful information for suicide prevention. You can keep everything in one place, from a safety plan with useful phone numbers and websites, to creating a Lifeline with things that are important to you, and lots of tips and activities to keep you alive.
- Better Stop Suicide** Free
This app aims to ground you and bring you back to a calm thinking state by taking you through 8 simple steps screen by screen.

Recommended by nhs.uk and mindandhonor.co.uk although they are not the authors.
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Help with sleep, relaxation and general wellbeing:

- Feeling Good** Free (1 in-app purchase)
Relax your body and mind with a series of audio tracks designed to help you build confidence, motivation, resilience and bring about a positive mindset.
- Chill Panda** Free
Learn to relax, manage your worries and improve your wellbeing. There are different tasks to suit your state of mind including breathing techniques and light exercise. An app better suited to younger children and also the family can enjoy the activities together.
- Headspace** Free (1 in-app purchase)
A guide for the whole family to everyday Mindfulness. The guided meditation tracks cover stress, sleep problems, productivity, exercise and more.
- Three Good Things** Free
A simple yet effective app to encourage you to reflect on your day and focus on the positive things in the hope that it will bring you comfort, happiness and calm. Looking back at your entire diary entry at the end of the week will give you a great boost too.
- Stop, Breathe & Think** Free (1 in-app purchase)
A meditation and mindfulness app to help with stress, worry, anxiety and sleep problems; check-in with how you're feeling each day, follow guided meditations do yoga and watch videos.
- Student Health App** Free (1 in-app purchase)
Provides reliable information about physical and mental health and common difficulties we might experience at the age of 17 years and upwards. Subjects include further education, bodily changes and problems and relationships.
- Insight Timer** Free
This great app provides over 40,000 free guided meditations, motivational talks and calming music tracks. It can help with anything from stress, anxiety, anger to self-esteem and sleep.
- The Mindfulness App** Free (1 in-app purchase)
This app will help you to become more relaxed and more present in your daily life. It includes guided and silent meditations from 3-30 minutes focusing on a range of areas including stress release, improving sleep and positive emotions.

Recommended by nhs.uk and mindandhonor.co.uk although they are not the authors.
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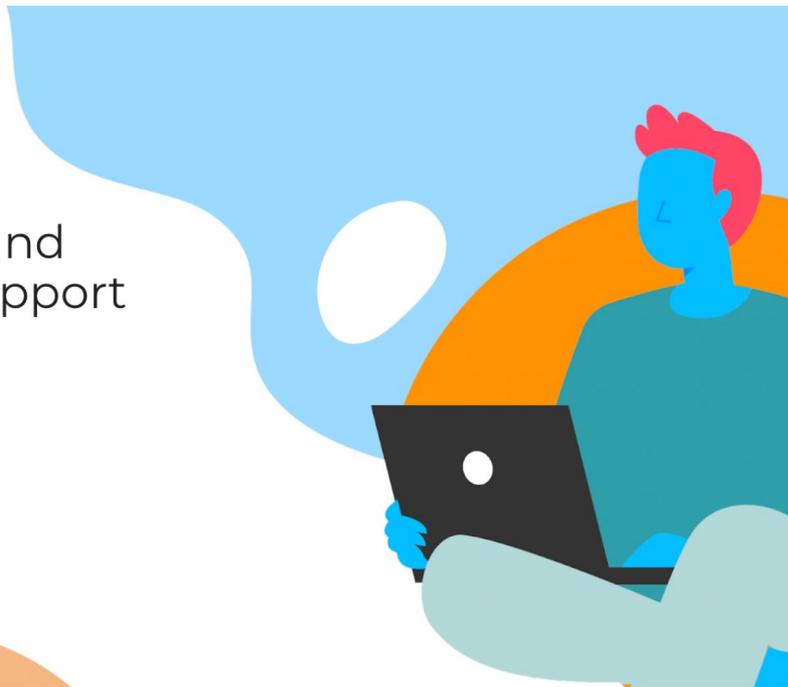


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kooth

Free, safe, anonymous and
online mental health support

kooth.com



- Assemblies to all Year groups
- Parents Zoom

WhysUp

- Wellbeing
- Exam stress
- Body image
- Vaping
- Gambling
- Gaming
- Bullying
- Social media



WHYSUP

Mark Murray
Founder of Whysup

Guest speakers

- Police
- Knife crime / substance abuse - theatre companies
- Kooth
- Fort Alice

Pastoral Support

At Sharples School, the wellbeing of our pupils is paramount. We work hard to provide guidance and support across the school. We want our pupils to become resilient young people, equipped with knowledge to guide them through their adolescent school life and beyond. In this section you will find key information for Parents/Carers and pupils, outlining our wellbeing support system in school.

How we support our students

At Sharples School, we pride ourselves on the excellent pastoral care and support we provide, ensuring that every



External Agency Support

External Agency Support

At Sharples we work closely with external agencies, forming strong working relationships to offer support to our pupils. Here are some agencies that we work with and an insight into their work:

CAMHS: <https://www.gmmh.nhs.uk/bolton-camhs/>

CAMHS is based at Bolton Hospital and stands for child and adolescent mental health service. They provide assessment and guidance for young people, usually between the ages of 5 and 18, suffering with mental health. School work closely with this team to provide the best advice for our pupils.

Children's Services / The Integrated Front Door

The Integrated Front Door is a team of multi-agency professionals including Child Protection social workers, Early Help Access Point workers, Health, Police and other partner agencies. Children's Services are an extensive team of social workers who offer safeguarding support and monitoring across Bolton. They often offer us as a school, advice and guidance.

Early Help Access Point

Early Help means providing support as soon as a need emerges, at any point in a child or young person's life. At Sharples we work with the Early Help Access Point in order to support the wellbeing of children, young people, and families by tackling emerging needs at the earliest opportunity and prevent them from getting worse.

In Bolton we refer to Bolton's Framework for action which provides guidance on how to ensure all work done to help a child is collaborative, holistic and supportive. For Early Help to be effective, we work closely with families and other agencies to:

- Identify children, young people and families who would benefit from support.
- Undertake an assessment of need.
- Provide services to address those needs.
- Review progress to ensure that positive change has happened.

Targeted Youth Support: <https://www.blgc.co.uk/targeted-youth-services/>

Targeted Youth work with pupils at risk of exclusion and engaging into risky/unsociable behaviour out of school. They provide key workers and one-to-one support for young people to build a trusting relationship to support them through difficult periods and build their self-confidence, self-esteem and resilience.

Time2talk Mediation: <https://www.bolton.gov.uk/community-safety-anti-social-behaviour/bolton-mediation-%E2%80%93time-2-talk-project>

Telephone: 01204 335945

The service offers mediation between young people and their parents/carers where there is conflict in the family. The aim is to prevent the family unit breaking down completely and to reduce the number of young people presenting as homeless.

School Nursing Team

This team works across Bolton schools providing Health advice and support for the school and pupils/parents/carers.

RUNA: <https://www.urbanoutreach.co.uk/portfolio-posts/runa/>

RUNA (Remember UR Not Alone) team works with young people who are frequently going missing from home. Together with Greater Manchester Police, Bolton Council, parents, carers and local schools the team ensures children are returned home safely and as quickly as possible. The service provides advice, guidance and support to the children and young people who have gone missing and those who are at risk of running away.

The EXIT team

When a young person is manipulated or forced into taking part in a sexual act, this is Child Sexual Exploitation (CSE). For information and advice contact EXIT team: 01204 337195 or Police Tel: 0161 856 1980 If a child is believed to be at risk of significant harm from Child Sexual Exploitation contact the The Integrated Front Door Tel: 01204 331500
Email: R&A@bolton.gov.uk Emergency Duty Team Tel: 01204 337777



Useful Support Groups



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Useful Support Groups

ACIS: <https://www.bolton.gov.uk/youth-support/support-families-new-uk>

Telephone: 01204 330055

Support for families that are new to the UK and speak English as an additional language.

Be Kind To My Mind: www.beindtomymind.co.uk

Website to help young people to understand more about mental health conditions or circumstances that may impact on your mental health; how to cope with your feelings and what support is available.

Bolton 360: <https://www.rhva.uk/services/service-directory/bolton-360/C276D-young-people-s-substance-misuse-service/N1095491>

Telephone: 01204 462444

Specialist intervention for young people, families and children affected by substance misuse.

Bolton Lads and Girls Club (BLCG): <https://www.blcg.co.uk/>

Offering a range of different services for young people, including support around low-level mental health, general wellbeing, building resilience, self-confidence and self-esteem, social and peer relationships, personal and social development, personal safety, understanding feelings, emotions and associated behaviours, risk of homelessness, and preventing school exclusion and offending behaviour. BLCG also offer a young carers service, as well as a bereavement support service.

Chat Health

ChatHealth - new text health service launches | Bolton NHS FT ([@boltonnhs.uk](https://twitter.com/nhs.uk)).

Contact for children & young people: 07507 331753. For parents: 07507 331751.

Confidential texting service for advice and support from a healthcare professional for young people between ages 11-19. Support is available on a variety of topics, including bullying, emotional health & emotional wellbeing, relationships, sexual health, drugs & alcohol etc.

Parents can also text a specialist nurse for advice around a range of topics, including child development, behavioural issues etc.

ChildLine: www.childline.org.uk

Telephone: 0800 1111 Counselling service for parents, children and young people. It also offers multilingual services to South Asian communities living in the UK. Languages include Bengali/Sylheti, Gujarati, Hindi, Punjabi, Urdu and English. Help and advice is free and confidential.

Endeavour: <https://www.endeavourproject.org.uk/>

01204 394 842

A registered charity offering a wide range of services including front line community based support, group work and counselling for those affected by domestic abuse. Also includes a pet fostering service to enable those with pets to flee an abusive household without surrendering or leaving their animals.

Female Genital Mutilation

NSPCC FGM Helpline - It's free and available 24/7: 0800 0283550 or email help@NSPCC.org.uk. [Click here to see the information leaflet.](#)

Fort Altra: <https://thefortra.org.uk/>

Telephone: 01204 701846 / 01204 365677 (24 hour support and advice line)

A charity offering support to people affected by domestic abuse. Support includes a refuge service, group work programmes, counselling, an IDVA service for high risk cases, and a children and young persons service.

Give Us A Shout: <https://www.aashout.org/>

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.

Kooth: www.kooth.com

Online mental health support for children & young people via an app. Kooth gives children and young people access to an online community of peers, as well as a team of experienced, accredited counsellors.

Maudsley Charity: familyandgenerations@maudsleycharity.org

For families who are feeling the pressure of parenting. Simple tips and tricks, formulated by researchers and NHS mental health experts, which are backed by science and proven to work with families.

Mennmade: <https://www.mennmade.org.uk/>

Telephone: 0808 010400

Supporting trans, non-binary and gender-diverse children, young people and their families

Mind: www.mind.org.uk

National charity organisation providing information, advice, and campaigning to promote and protect good mental health for everyone.

NHS Choices: www.nhs.uk

Telephone: 111 The NHS Choices website contains information about all aspects of health. NHS 111 is a fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Samantians: www.samantians.org

Telephone: 116 123 (any time) National minicom number: 08457 80 91 92 Email: info@samantians.org Address: Chris, PO Box 9090, Stirling, FK3 2SA Samantians is a confidential emotional support service for anyone in the UK and Ireland. The service is available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide. Volunteers offer support by responding to phone calls, emails and letters. Alternatively, people can drop into a branch to have a face to face meeting.

The Parallel: <https://www.boltonnhs.uk/locations/the-parallel-young-peoples-health-centre/>

01204 462444 (Mon - Fri 9am-6pm)

Emotional, physical and sexual health service for young people.

Winston's Web: www.winstonsweb.org.uk

Freephone helpline: 0808 020 021 Provides specialist child bereavement support services across the UK, including in-depth therapeutic help in individual, group and residential settings.

WhySup: <https://www.whysup.co.uk/>

Whysup promotes positive mental health and can help with barriers to this, including concerns about body image, gaming, gambling, substance misuse and resilience. The team frequently come into school to support with personal development.

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Online Safety Information

- What parents and carers need to know about Parental Controls
- What is sextortion and what should I do if I think my child is a victim?
- Parent support for online apps
- What parents and carers need to know about Fortnite
- What parents and carers need to know about Youtube
- What parents and carers need to know about AI Virtual Friends
- What parents and carers need to know about OmeTV
- What parents and carers need to know about Smartwatches
- What parents and carers need to know about Call of Duty
- What parents and carers need to know about Overwatch
- What parents and carers need to know about WhatsApp
- What parents and carers need to know about Group Chats
- What parents and carers need to know about Discord
- What parents and carers need to know about Monkey
- What children need to know about Online Bullying
- Looking after your wellbeing online

➡ Social Media Safety Information

- What parents and carers need to know about Twitter/X
- What parents and carers need to know about Send it
- What parents and carers need to know about TikTok
- What parents and carers need to know about SnapChat
- What parents and carers need to know about Facebook
- What parents and carers need to know about Bereal
- What parents and careers need to know about MyLOL
- What parents and careers need to know about Wizz
- What parents and careers need to know about Social Pressures

Click the links below to access the wellbeing support documents:

[Social anxiety](#) – Kooth’s factsheet for young people.

[Dealing with suicidal thoughts](#) – Kooth’s support guide for young people.

[Understanding Eating Difficulties](#) – Kooth’s support guide for young people.

[Self Injury](#) – Kooth’s support guide for young people.

[Lily’s story](#) – How Kooth helped me with my anxiety.

[Navigating depression and low mood](#) – Kooth’s practical guide for young people.

[Exam Tips](#) – Kooth’s Digital Brochure.

[Loneliness Support](#) – Kooth’s Brochure for Children and Young People.

[Creating Your Personal Safety Plan](#) – Kooth’s Guide.

[Nurturing Wellbeing](#) – A guide for parents.

[Asking For Help Booklet](#) – stem4education’s guide.

[Exam Stress Guide](#) – an exam stress guide.

[NHS Greater Manchester Mental Health App Guide](#) – a list of useful apps curated by the NHS.

[What parents and carers need to know about the effects of energy drinks](#)

[What parents and carers need to know about school avoidance](#)

[What parents and carers need to know about the dangers of vaping](#)

[What parents and carers need to know about setting gaming boundaries](#)

Support and intervention

- **GL Pass - early identification**
- **BeeWell - comparison with GM schools (over the last three years - 63,000 pupils from 192 schools)**
- **BWiTC - social action projects**
- **Wigan Athletic - goal setting through the medium of sport**
- **Khulisa - choices and consequences (Briony@khulisa.co.uk)**
 - **Free, six-week *Nurturing Connections Programme* for parents and carers**
 - **Building positive relationships, managing challenges, and strengthening connections within the family.**
 - **The programme is offered both in-person and online.**

Sharples Safe



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About Us

Learning

Wellbeing

Information

[Attendance Matters](#)

[Sharples Pathways](#)

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[Pastoral Team](#)

[Pastoral Support](#)

[Safeguarding](#)

[Health & Wellbeing](#)

[Transition – KS2 to KS3](#)

[SharplesSafe](#)

By **clicking here**, students can send a confidential message to our safeguarding team about any issues that are troubling them and it will be dealt with that day.

It is another way to support our students so they feel safe at all times.

MEMBERS OF THE PUBLIC SHOULD USE safeguarding@sharplesschool.co.uk **TO REPORT ANY CONCERNS**



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Sharples Support week

1. BeeWell
2. Be Kind to Your Mind
3. Bolton Lads and Girls Club
4. Bolton Together iThrive
5. Fort Alice
6. Kooth
7. MHST
8. PCSOs
9. School counsellors
10. School nurse
11. The Parallel
12. The Proud Trust
13. Time to Talk mediation
14. Urban Outreach
15. WhysUp
16. 360



SHARPLES SUPPORT WEEK

12th June for Ks3 and 13th June for KS4

Come along to find out what support is available to you



Our School Nurse and counsellors and local PCSO will also be attending



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Your Feedback

- Do you/your child use the support services at Sharples?
- Do we have too little/just right/not enough?
- Do you have any feedback?
- Is there anything else you would like to see provided?

Parent Forum Tours

- Open Classrooms
- Wednesday 2nd July
- 2.15pm
- Classroom visits