

# Pastoral Care & Services Signposting

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Feeling seen, heard and supported



School of  
**CHARACTER**



**KINGS LANGLEY SCHOOL**  
**SIXTH FORM**  
READY FOR YOUR FUTURE

# Introduction

## Introduction from Principal Assistant Headteacher & Head of Sixth Form

At Kings Langley Sixth Form, we are committed to providing our students with an exceptional educational experience that goes beyond purely academic study. We believe that the holistic development of our students is paramount to their success, both in their academic pursuits and in their personal lives.

Our Pastoral Care Commitment is a testament to our dedication to fostering a supportive, nurturing, and inclusive environment where every student can thrive. It reflects our commitment to the well-being and personal growth of our students, recognising that their emotional, social, and psychological needs are integral components of their educational journey.

In this, we outline our approach to pastoral care and the principles that guide our actions. We emphasise the importance of open communication, accessibility, and empathy in all interactions with our students. We also underscore our commitment to creating a safe and inclusive space where diversity is celebrated, and all students are treated with respect and dignity.

This not only serves as a guideline for our staff but also as an invitation to our students and their families to actively engage with us in the pursuit of their holistic development. It is our collective responsibility to ensure that every student at Kings Langley Sixth Form has the support and resources they need to excel academically, grow personally, and become responsible, compassionate members of our community.

We invite all stakeholders, including students, parents, guardians, and staff, to familiarise themselves with this and actively contribute to its implementation. Together, we can create an environment where pastoral care is not just a commitment but a way of life, ensuring that every student's journey at Kings Langley Sixth Form is a fulfilling and enriching experience.



Mr J. Tubb  
Principal Assistant Headteacher & Head of Sixth Form

# Pastoral Care Values

In line with our sixth form values and wider character education foundation, we hold the following values in this charter:

**Accountability**

**Empowerment**

**Integrity**

**Tenacity**

**Responsibility**

In order to achieve a culture and environment where everyone feels safe, happy and secure, we outline the foundations of our charter in four areas of action:

**Action A** – Ensuring that all young people are provided with advice, care, guidance and support to ensure that they are able to achieve their full potential no matter their circumstances, disposition, or needs.

**Action B** – Empower young people to be confident to seek advice, support, guidance or further information through providing education in various forms and to support this with strengthening their character.

**Action C** – Promoting and supporting self-efficacy, healthy risk-taking, goal setting, reflection, empowerment through a strong and supportive welfare network that utilises internal and external services where appropriate.

**Action D** – Create opportunities for multi-faceted learning in the sixth form curriculum that provide activities and opportunities for young people to learn holistically to develop both resourcefulness and independence in everyday life.

These actions are embedded in our sixth form improvement strategy with explicit actions identified. Impact is measured, evaluated and reflected upon in order to identify opportunities for continuous improvement.

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## Our Pastoral Care Commitments

We commit ourselves to creating a culture where we support protected characteristics, intersectionality and inclusion as a whole. This charter is designed to communicate the values and commitments that we, the whole sixth form community (students and staff), pledge our responsibility to achieve.

The following commitments have been agreed through student voice, collaboration between the student and staff body, and in partnership with representatives from organisations and bodies who champion equality, diversity and inclusion.

### Our 10 commitments:

1. **To listen** - We believe in listening to all students, parents/carers, staff, and other stakeholders in the pastoral care and needs of all our young people through being open.
2. **To communicate** – Our sixth form seeks to have regular communication with all parties to ensure that whilst we appreciate our young people are young adults, contact from home is required.
3. **To monitor** – We need to ensure that we monitor the behaviours, attitudes and actions of our young people so that we are aware of what support may be required and where we need to educate them on areas that may be new and uncertain to them.
4. **To be responsive** – Pastoral needs are never a constant and therefore we are committed to staying abreast of contemporary issues, concerns and circumstances which may impact our young people, as groups or as individuals.
5. **To celebrates difference** – Difference is actively and visibility celebrated and welcome across the sixth form. Our pastoral care recognises differences and therefore students are treated as individuals who will have differing needs.
6. **To nurture** - We recognise that although students in sixth form are classed as young adults, we recognise that this age can be unpredictable and often present new challenges compared to other age groups. Our pastoral care provides our young people with a nurturing approach.
7. **To be proactive** – We will be proactive in seeking and providing support to young people by identifying early signs and responding to information that we receive.
8. **To reassure** – All students and parents/carers should be reassured that our approach to pastoral care is student-centred and that we will do all that we can to support young people at all times.
9. **To take action** – We respond quickly to incidents and circumstances and are committed to putting into place, the actions we agree to take.
10. **To keep young people safe** – Underpinning all of our pastoral care is our unwavering commitment to keeping young people safe and to ensure that safeguarding policies are adhered to in full.

# Pastoral Care & Services Signposting

## Pastoral Care Signposts

At Kings Langley Sixth Form we recognise, through consistent evidence from research, the links between contemporary socio-cultural challenges and student experience and youth development. The pervasive range of pressures and challenges that young people experience is having an increasingly noticeable impact, we therefore ensure that we support wellbeing and support approaches to achieving positive mental health.

16-19 is a particularly critical time for students as they fall between the services in the community; between compulsory school age and adult services. Along with our dedicated KS5 form tutor team, our Pastoral Leader and Student Needs Officer should be contacted if any advice, support or guidance is required. Our Pastoral Leader is a trained mental health champion and we have on-site mental health first aid trained staff. Students should never feel like are alone, especially at this time where the transition to adulthood, whilst exciting, is potentially going to be unsettling.

Need to chat, come and see us. We have an open-door policy in the sixth form office. We also have a space in the sixth form building where students who are feeling overwhelmed, upset, frustrated, require a sensory de-load, or just need a chat, can go. In this space we have some wellbeing resources such as relaxation music, yoga mats, adult colouring books, mood lighting, oil diffuser, face mask, and noise cancelling headphones.

The sixth form also has a dedicated sixth form wellbeing and study garden designed to allow students an area of peace and tranquillity. The garden is a relaxing space where conversations can be held and which provides fresh air and a change of scenery.

### Wellbeing Request



If you would like some advice, information, guidance or support relating to your wellbeing, please speak to the sixth form office or scan this QR code to request some support.

**Please be aware that this request form is not to be used for any safeguarding concerns or if you or someone is in immediate danger or at risk of harm. You should report your concerns immediately to a member of school staff and in emergencies, contact the emergency services by telephoning 999.**

# Pastoral Care & Services Signposting

## Pastoral Care Signposts

What?	Who?	Why?	When?	Where?	How?
Safeguarding	Any member of staff Mr Tubb / Mrs Ellison (Designated Safeguarding Lead)	Any concerns about any issues/concerns to safeguarding yourself or others.	All week	All areas of the school	In person, email, go to the sixth form office.
Pastoral Leader	Mrs Battaglia	A few examples of what you can talk about: anxiety, depression, grief, identity, confidence, friendship, relationships		Sixth form office	In person, email, self-refer
Student Needs Officer	Mrs Ellison	Specific student wellbeing and mental health areas.	All week	Sixth form meeting room	In person, email, self-refer
Dacorum Health Hub	Tyler	Local support services signposting	Thursday	Sixth form meeting room	Self-refer
Form Tutors	Various across Yr12 and Yr13	Study/Life balance, organisation, exam stress, general life coaching	Monday-Friday	Form room	In person, email.
UCAS & Post-18 Advisor	Mrs Battaglia Mrs Wright Mrs S. Reeve	UCAS, Oxbridge, Apprenticeships, Interview Skills, Work experience, career coaching, CV building, Unifrog	Mrs Battaglia: Monday-Friday  Mrs Wright: Tuesday & Wednesday  Mrs S. Reeve: Wednesday	Sixth form office	In person, email, self-refer

# Pastoral Care & Services Signposting

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## External Services

We would like to signpost you to some services that you may find useful. If you feel that these do not meet your needs, talk to us. We can provide support and signposting for many diverse areas.

In crisis and needing advice and support urgently but it's not an emergency: To make a referral or talk about an urgent mental health problem please call the **Single Point of Access (SPA)** team who will triage your call for more targeted support.

**8am – 7pm 24/7 365 days a year**  
**0800 6444 101**

**Sandbox** is an NHS funded service to support Young People in Hertfordshire with their Mental Health. It provides access to a wealth of resources and materials and you can sign up for an assessment for NHS funded therapy (either 1:1 therapy or a digital online course).

Sign up at [sandbox.mindler.co.uk](https://sandbox.mindler.co.uk)

**Samaritans 24/7 365 days a year**  
**Call 116 123 Free** from any phone.

**Shout** – If you would prefer not to talk but would like some confidential mental health support via a text based conversation.

**24/7 service.**  
**Text SHOUT to 85258**

**Switchboard** If you identify as gay, lesbian, bisexual or transgender 10am – 10pm

**0300 330 0630** or use their webchat service [switchboard.lgbt](https://switchboard.lgbt)  
 All operators identify as LGBT+

**National Suicide Prevention Helpline.** A supportive listening service to anyone with thoughts of suicide. **6pm – Midnight daily.**  
**0800 689 5652**

**First Steps ED** for help and support in connection with eating disorders.  
**Firststepsed.co.uk**  
[www.talktofrank.com](http://www.talktofrank.com)

# Pastoral Care & Services Signposting

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## External Services

**Access Point Project** – Advice, Guidance and Sexual Health services including free condoms, chlamydia and gonorrhoea screening and pregnancy testing.

**Monday – Friday 11am – 5pm**

**Hemel Hempstead Young People’s Centre, First Floor XC Centre, Jarman Park, Hemel Hempstead HP2 4JS**

**Herts Young Carers** – supporting young carers in Hertfordshire.

**[Carersinherts.org.uk](http://Carersinherts.org.uk)**

**Herts Young Homeless** – for those who are homeless or at risk of homelessness in Hertfordshire.

**[hyh.org.uk](http://hyh.org.uk)**

**FRANK**—Honest information about drugs

0300 1236600

Text 82111

Email: [frank@talktofrank.com](mailto:frank@talktofrank.com)



# Action on Bullying & Anti-Social Behaviours

We have an outstanding community of staff and sixth formers at Kings Langley Sixth Form where everyone can expect to study, work, and enjoy an environment where they are safe, happy and respect one another. Bullying and peer-on-peer abuse is never ok, and Kings Langley Sixth Form does not tolerate it.

Scan here to anonymously report bully, intimidation or anti-social behaviour:



## Need support with your wellbeing?

At Kings Langley Sixth Form we believe strongly that positive emotional wellbeing and mental wellness are not only crucial in enabling students to feel happy and fulfilled within themselves as individuals, but also in enabling them to thrive and flourish during their time with us here at school. Students who enjoy positive mental health and wellbeing are better able to cope with the normal stresses of life, work productively and fruitfully, fulfil their own potential and make a contribution to their wider community.

Scan here to request advice, support, guidance on wellbeing or, if you need to talk:



## Safeguarding

If you or someone you know is at risk of harm (emotionally, physically, mentally or sexually) to themselves or to others, please ensure that you report this to a member of staff immediately. If outside of sixth form or school, you can report concerns to the police by dialling 999.

**FRANK**  
0800 77 66 00 talktofrank.com  
Friendly, confidential drugs advice

**Switchboard**  
LGBT+ helpline  
**0800 0119 100**

**Gamblers Anonymous**  
Phone: 0330 094 0322

Feeling low?  
Anxious?  
Struggling to cope?

Text **SHOUT** to **85258**  
for free, confidential support, 24/7

**The Sandbox**  
Online mental health support for Children and Young People

**fearless**  
Part of Crimestoppers

**0800 555 111**  
100% anonymous. Always.

Reporting Crimes inc.  
County Lines