

**Fettes College**

# WELLBEING HANDBOOK

(Senior School and Prep School)



## **Our Pastoral Care is sector-leading and central to our supportive community of students and staff.**

Our House structure is at the core and as well as the strong bonds made with fellow housemates, it is the commitment and dedication of Houseparents, their Assistants and Matrons which leave a lasting impression. They advise, help and encourage, simply being there for the students whenever needed.

We are committed to all aspects of student wellbeing from healthy eating and physical activity to mental health. By doing this each of our students can thrive and embrace all that a Fettes education has to offer whilst making friends for life.

However if a student requires further assistance beyond their Tutor and House team we have a huge array of additional support services that we and they can draw upon. Some of these are student and adult led, some are facilitated in the Medical Centre and offer 1:1 support in each individual context. This handbook outlines the additional services that we can all draw upon to ensure each student's wellbeing is being well supported.



# Who can help you?

**We hope that your time at Fettes will be happy, but there may be times when you need someone to talk to or to help you with a problem.**

There are many people both in House and the school community who can offer help, support and advice.

Below is a list of people who will often be the first people you will turn to:

- Houseparent
- Assistant Houseparent
- Tutor
- Matron

There are, however, many others to whom you can speak:

- A friend
- Your Head of House
- A House or School Prefect
- A member of staff
- Mrs S. Bruce, Head of Wellbeing
- Mrs C. Harrison, Deputy Head (Pastoral)
- Ms E. Davies, Head of Pastoral Care (Prep) & Child Protection Coordinator (Prep)
- Miss C. McDonnell, Child Protection Coordinator
- Mr A. Archibald and Mr C. Dundas (Deputy Child Protection Officers)
- Mr D. Hall (Deputy Child Protection Officer, Prep)
- A member of the School Medical Centre
- The School's Clinical Psychology Team
- Counseling and Life Coach Services

### **What About Confidentiality?**

All members of staff are here to listen and help. If they are concerned about your safety, they may need to share the information with someone else but, if this is necessary, they will tell you first.

# Safeguarding team

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## School Safeguarding Governors



### Senior School

Ms Lindsay Paterson

[SafeguardingGovernor@fettes.com](mailto:SafeguardingGovernor@fettes.com)



### Prep School

Mr Hugh Bruce-Watt

[SafeguardingGovernor@fettes.com](mailto:SafeguardingGovernor@fettes.com)

## Senior School: Child Protection Team



### Senior School Child Protection Coordinator

Clare McDonnell

[C.McDonnell@fettes.com](mailto:C.McDonnell@fettes.com)



### Senior School Deputy CP Officer

Andrew Archibald

[A.Archibald@fettes.com](mailto:A.Archibald@fettes.com)



### Senior School Deputy CP Officer

Colin Dundas

[C.Dundas@fettes.com](mailto:C.Dundas@fettes.com)

## Prep School: Child Protection Team



### Head of Pastoral Care & Child Protection Coordinator (Prep)

Emma Davies

[ER.Davies@fettes.com](mailto:ER.Davies@fettes.com)



### Deputy Child Protection Officer (Prep)

David Hall

[DG.Hall@fettes.com](mailto:DG.Hall@fettes.com)

## Senior School: Pastoral Leadership Team



### Deputy Head (Pastoral)

Carolyn Harrison

[CM.Harrison@fettes.com](mailto:CM.Harrison@fettes.com)



### Head of Wellbeing

Sue Bruce

[SA.Bruce@fettes.com](mailto:SA.Bruce@fettes.com)



### Senior School Safeguarding Lead

Clare McDonnell

[C.McDonnell@fettes.com](mailto:C.McDonnell@fettes.com)

## Prep School: Pastoral Leadership Team



### Deputy Head

Rebekah Dallas

[R.Dallas@fettes.com](mailto:R.Dallas@fettes.com)



### Child Protection Coordinator (Prep)

Emma Davies

[ER.Davies@fettes.com](mailto:ER.Davies@fettes.com)



### Deputy Child Protection Officer (Prep)

David Hall

[DG.Hall@fettes.com](mailto:DG.Hall@fettes.com)



### Head of History

Amanda Mair

[AAF.Mair@fettes.com](mailto:AAF.Mair@fettes.com)



### Head of MFL

Arron Spall-Hancey

[AJR.Spallhancey@fettes.com](mailto:AJR.Spallhancey@fettes.com)

## The Medical Centre Team



### Lead Nurse

Aiden Reid

[A.Reid@fettes.com](mailto:A.Reid@fettes.com)



### Duty Nurse

Nicola Boynes

[N.Boynes@fettes.com](mailto:N.Boynes@fettes.com)



### Duty Nurse

Gillian Cameron-Young

[GM.Cameron-Young@fettes.com](mailto:GM.Cameron-Young@fettes.com)



### Duty Nurse

Eilidh Shepherd

[ES.Shepherd@fettes.com](mailto:ES.Shepherd@fettes.com)

### Medical Centre Contact details:

0131 332 2247

[medicalcentre@fettes.com](mailto:medicalcentre@fettes.com)

# Allardice Centre

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**Officially opened on 4th March 2026, this new building houses the school's medical centre and centralises its medical and pastoral care services, creating a sector leading facility designed to support the physical and mental wellbeing of all students.**

The Allardice Centre is a specially designed facility for the medical team, for PSHE (personal, social, health and emotional) lessons, activities and support services, where students can access additional support.

The project sets new sustainability standards for the Fettes grounds, paving the way for low carbon operations across the campus.



# The Medical Centre

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## The Medical Centre is open from:

8am – 8pm Monday – Sunday, with 24hr cover available as required.

## Nursing Appointments

If a student requires to see one of our school nurses during term time, they or House staff can request an appointment by phoning or emailing [medicalcentre@fettes.com](mailto:medicalcentre@fettes.com).

## GP Appointments

All boarders are registered with Bangholm Loan Medical Centre (21-25 Bangholm Loan, Edinburgh EH5 3AH).

Should you require any medical appointments during the holidays they can be contacted via [www.bangholmmedicalcentre.scot.nhs.uk](http://www.bangholmmedicalcentre.scot.nhs.uk) or +44(0)131 552 7676 If your child requires a GP appointment during the school holidays, out with Bangholm Medical Centre, please register them as a 'temporary resident'. Registering fully with another GP practice will automatically de-register them from Bangholm Medical Practice, and they will no longer be able to have GP appointments via the medical centre.

During term time, the GPs from Bangholm visit the school four mornings per week and appointments can be made via the Medical Centre. The student or Houseparents/Matrons can request an appointment by phoning or emailing [medicalcentre@fettes.com](mailto:medicalcentre@fettes.com) Student name, date of birth, contact number and reason for appointment should be included in the email. The Team will reply with an appointment date and time.

## Prescriptions

All our medication (school stock and student prescriptions) come through Omnicare Pharmacy located on Queensferry Road.

### New prescriptions

If you think you need to make a change to your prescription, or you need a new medication, you must make a GP appointment.

For example:

- You need an antibiotic
- You would like to discuss a change to your current medication
- You would like to discuss stopping your medication

The nursing team cannot prescribe medication.

### Repeat prescriptions

The medical centre does not order repeat prescriptions. If you need to order a repeat prescription, have a chat with your Matron and they can organise this for you through the pharmacy.

## Nurse and GP Clinics

Nurse Clinics run throughout the day in the Medical Centre, Monday – Saturday

GP Clinics run from 8-9.30am on Mondays, Wednesdays, Thursdays and Fridays.

Each appointment is typically 15 minutes long but can be changed to suit the need of the student.



## Nursing Services

- Assessment, treatment and monitoring of minor injuries, ailments and health conditions
- Blood tests
- CARI swabs (Community Acute Respiratory Infections) for public health surveillance
- Asthma reviews (newly diagnosed and annual monitoring)
- Oral contraceptive reviews (OCP)
- Contraception support and advice (C-Card Scheme)
- New pupil medicals (NPMs)
- Self-medicating assessments
- Health promotion support and advice - classroom based and in the Medical Centre
- Facilitating and administering NHS Scotland's Childhood Vaccination Programme (HPV, DTP, MenACWY, MMR and Seasonal Flu).
- Mental Health and Wellbeing support, triage and advice
- Pitch side first aid and emergency extractions

## Medical Confidentiality

Medical confidentiality is very important and is taken very seriously within the medical centre.

Medical appointments are confidential to you, and what you discuss in your appointments will remain confidential unless you give us consent to share your information with other people such as other health professionals, boarding staff or those who look after you at home. After an appointment in the medical centre, the nurse or GP will ask if you would like the results of the appointment shared with other people.

Sometimes the nursing staff are not equipped to deal with your medical needs, and they will need to refer you to another health professional. The nurse will always explain to you why this is the case and will ask for your consent to share information with those people.

If you tell a member of the medical centre team something that means you, or someone else, is going to be in danger - then we must share that information with other people to keep you and others safe. Although this can be distressing, please be reassured that we are only going to tell people who need to know.



## Return 2 Play\*

Fettes College uses Return 2 Play as a tool to enhance our medical care. Return 2 Play enables us to provide a gold standard of care for every student by having access to the following:

- Telemedicine Concussion Management. Access to daily (Mon-Sat) year-round telemedicine clinics with the UK's most experienced doctors. Sports doctor led management from Day 1 post injury to full recovery and clearance to return to full sport with unlimited access to appointments.
- Access to sports doctor advice. Named doctor for all staff to contact for advice.
- Injury Data Analysis. Annual injury review by R2P Medical Team. Advice regarding injury prevention strategies and policies.
- Sports injury education. Sessions for staff, parents and students. R2P Injury Management System runs an automated communication when injury status changes to students/parents and House staff.

Please click [here](#) to find out more information about Return 2 Play.

*\*not available to Pre-Prep pupils*

## Rehabilitation: Sports Injury Rehabilitation and Graduated Return to Play Protocol

The Head of Strength and Conditioning looks after our students who are returning from any sports injury. After consulting with the Medical Centre, the physiotherapist and/or the Head of Strength and Conditioning holds rehab sessions every Tuesday/Thursday/Saturday between 1.30pm – 2.30pm.

When a student has been cleared to start their graduated return to play after a concussion following an appointment with a R2P doctor, the Head of Strength and Conditioning also takes each student through each stage of the recovery process.

# Wellbeing Top Tips

## EAT WELL

Food is linked to mood and energy levels, so it is important to eat regularly (every 3-4 hours) to maintain good blood sugar levels and concentration. Eat lots of fresh fruit and vegetables and remember to keep hydrated by drinking water throughout the day.

[www.peoplefirstinfo.org.uk/health-and-well-being](http://www.peoplefirstinfo.org.uk/health-and-well-being)

## SLEEP HYGIENE

Sleep helps regulate your physical and mental wellbeing by releasing chemicals in the brain. A great night's sleep will ensure your mood continues to be alert and positive. No phones by the bedside, and a calming ambience will help you drift off.

[www.sleepfoundation.org](http://www.sleepfoundation.org)

## EXERCISE

Keeping physically active helps release endorphins, which improve productivity. Make use of your games sessions and activities to ensure you keep yourself physically well.

## SET DAILY GOALS

Structure your day for work, exercise, volunteering, hobbies, or everyday tasks; it all helps to ensure that the days do not drift by. Plan your day the night before so you know what you are waking up to. Use this list throughout the day, ticking things off as you achieve them.

## BE KIND TO YOURSELF

Take time out to relax, meditate, read a book, do some gardening, or simply enjoy something you love.

## REACH OUT

Everyone can experience problems, issues, concerns, low mood, or lack of motivation. It is always good to talk, as a problem shared really is a problem halved. Talk to friends, family, colleagues, peers, tutors, or seek online support.

## STAY CONNECTED (IRL)

Talking with those outside of your household is important for a sense of belonging. It can improve memory as well as offer support and a bit of light relief! Stay in touch with Fettes and let us know how you are getting on so that we can celebrate your achievements.

## USE MEDIA POSITIVELY

Engage with media mindfully. There is so much news out there; don't feel pressured to stay up to date with everything. With regards to social media, limit your time online and make your personal posts helpful and fulfilling.

## **HELP OTHERS**

It is always rewarding to help others, so reach out to your community. Whether volunteering, buddying up, offering help, writing a letter, or speaking to someone in your dorm/house/area of work whom you haven't connected with before, we are all one community. You can use some ideas from the Service Firefly page.

[fettes.fireflycloud.net/service](https://fettes.fireflycloud.net/service)

## **GET CREATIVE**

Be creative-maybe write a diary, make a photo or video journal, or perhaps use dance, art, or music to express yourself. Possibly challenge yourself to learn something completely new-sign up for an online course, take up knitting, or learn how to ride a unicycle!

# Services via Matrons

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## **Dentist/Orthodontist/Opticians/ Podiatry**

These services can be booked through Matron and they will be able to book taxis or can accompany students if necessary to the relevant practice. As there are many such services available, we leave it to the parents and students to make an individual choice.

Regular appointments should primarily be organised with parents in the holidays. However, we appreciate there are exceptions to this. Children under 16 to be accompanied by an adult to NHS dental and any optician appointments. Orthodontist appointments are difficult due to ongoing treatment and frequency of care. Once the orthodontists have been setup and with parental permission, the pupil can go unaccompanied.

In emergencies, Matrons will always organise dental and optical care.

## **Physiotherapy**

At first a child is referred to the Medical Centre to have an injury or pain looked at. On most occasions, this will mean a period "off-changing" from games with suitable strength and conditioning from our Strength and Conditioning Coach when appropriate. They and the medical team will liaise on the student's progress and recommend if further physio is required.

# Student led services

## The Hub

The Hub is our dedicated safe space at school at the bottom of the College West stairs, just off the English corridor. It is staffed by our PSHE Prefects and Listening Team and is used for some 1:1 meetings, as well as Therapet sessions.

## School Welfare and PSHE Prefects

Two School Prefects are appointed to assist in the welfare and wellbeing of the school. In addition, two members of the L6th Prefect team in each boarding House who help deliver PSHE (Personal, Social & Health Education) sessions in the Third Form and are there to talk to if you need.

## Mental Health Ambassadors

Our MHAs are students who have undergone more specific mental health training who also use the Hub for some sessions. They are visible points of contact for the student body to speak to. They can be contacted through email or in house.

## Prep - Student led wellbeing

Wellbeing is our priority and children at Fettes Prep are not just looked after but are also given the tools to look after themselves. Our older pupils support the younger years on their journey, modelling that worries are part of life and that it is always ok to ask for help. Our Second Form Play Leaders facilitate positive relationships and experiences by leading both outdoor and indoor play activities at Breaktimes. Our indoor Morning Break is a particular time for them to shine, and staff guide the older pupils in fostering feelings of belonging, safety and kindness. Encouraging children to take on nurturing and guiding roles builds confidence for all; after their shared Breaktime experiences Fettes Prep children are relaxed and ready to learn.



## Tootoot (Senior School only)

Tootoot is an online platform for students to report anything from issues with motivation to study to a mental health concern. The simple-to-use app makes it easier for students to speak-up and gives them confidence that their concerns are being taken seriously and this service will offer anonymous support via a chat function. It is a way for students who find it difficult to speak up in a face to face context. All students are anonymous at the point of reporting, but identities can be uncovered by the schools designated Tootoot administrator only if it appears that the student's emotional or physical wellbeing is at serious risk.

## Fidra - The Fettes College Therapet

Fidra, is the Fettes Therapet. Fidra is no stranger to Fettes having grown up with over 50 girls in our College West Boarding House. She is qualified as a therapist able to work with children. Fidra provides support to students when they need it and lots of cuddles and walks too!

### A few facts about Fidra:

- She is a gentle, kind and loving dog and in her role as therapist she will support students in the Prep School and Senior School ... some examples include helping in the medical centre (especially if someone does not like needles and requires an injection); helping with anxiety; available for walks in our grounds; giving support in the classroom at a time of distress; and helping teach about caring for animals and overcoming fear.
- Her favourite treat is sausages
- Her favourite toys are 'blue bear' or her ball - she loves chasing a ball!

We are protected by

# tootoot


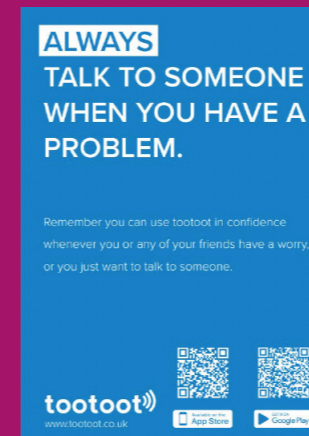


Tootoot provides our students with a voice to tell us their worries and concerns in complete confidence.

[www.tootoot.co.uk](http://www.tootoot.co.uk) for more information

**ALWAYS**  
TALK TO SOMEONE  
WHEN YOU HAVE A  
PROBLEM.

Remember you can use tootoot in confidence whenever you or any of your friends have a worry, or you just want to talk to someone.



tootoot  
[www.tootoot.co.uk](http://www.tootoot.co.uk)

Available on the App Store and Google Play

### CAN FIDRA HELP YOU?

Research has shown that simply petting a dog lowers the stress hormone cortisol, while the social interaction between people and dogs actually increases levels of the feel-good hormone oxytocin.



MEDICENTRE VISITS  
BOOK INFO FOR LESSONS  
POP IN TO SAY HELLO  
1-2-3S  
TAKE ME ON A WALK

Based in the Hub on Mondays, Tuesdays and Thursdays  
Contact Mrs. Bruce for more information



## Support for Learning (For Senior School)

Contact Houseparents or Ms Ashton Phillips (Head of Department)

The Support for Learning facilities are located in two rooms, CGI3 and CGI4.

The Department supports students with specific learning needs. The aim is to help students to develop the broad range of skills required to meet the curricular needs for their year group and therefore enabling students to achieve to the best of their ability.

Support for Learning also plays a role in ensuring that any necessary exam access arrangements are in place for students.

Early morning, lunch and study support lessons run throughout the timetable and are tailored to the individual student in order to support specific needs. These may include (depending on need):

- Reviewing Maths topics taught in class
- Basic operations and number skills in Maths
- Reading for information
- Essay planning
- Structuring essays
- Writing notes and summaries
- Effective punctuation

## Support for Learning (For Prep School)

The Support for Learning Department (SfL) uses an integrated approach, working closely with children, families/guardians, staff and external agencies. Through the department, all staff receive training in Specific Learning Difficulties and anticipating, identifying and meeting needs. All interventions are individually tailored, time limited and regularly assessed; transitions are carefully scaffolded.

In both Malcolm House and William House the Support for Learning team work in a range of ways - in class, with small groups and 1:1 with pupils. Children are supported to develop independent study skills and to take responsibility for their own learning and progress, developing confidence in all areas of their learning.

The Head of Department, Sarah Neary has Scottish GTCS Professional Recognition in Additional Support for Learning and English Advanced Skills Teacher status for Teaching and Learning; she holds Postgraduate Certificates in learning disabilities, difficulties and neurodivergence.

For further information please contact your child's tutor or email Sarah directly: [SE.Neary@fettes.com](mailto:SE.Neary@fettes.com)



# External Support – on campus

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## Counselling Services via My Solution Wellbeing

Appointments can be made via Houseparent/Matron/Tutor to the Medical Centre.

My Solution Wellbeing Edinburgh in collaboration with Fettes College invites students to seek mental health support to explore worries and any struggles they might be going through. Our counsellors will be available on campus for 10 hours each week, providing a safe, confidential space where students can explore their thoughts and feelings, build resilience, and develop healthy coping strategies. Sessions can be scheduled weekly depending on the needs and students will be offered up to 10 counselling hours.

Our counsellors are passionate about helping young people navigate challenges such as anxiety, stress, low mood, self-esteem issues, relationship difficulties, and academic pressures. They work in a compassionate, student-centered way, empowering each individual to feel heard, valued, and understood. Every therapeutic relationship will be tailored towards the student's individual needs.

## Information sharing

Confidentiality and trust are essential to effective counselling, however, keeping children and young people safe is our top priority. With this in mind, counsellors won't share any information about what is said in sessions, unless we have the client's explicit permission or we have a concern for their safety.

Counsellors work within Fettes safeguarding policy and procedures and will pass on any pertinent information to the medical centre and the school safeguarding officer for the school to action where necessary. If a client shares ideation around self-harm or suicide, counsellors will work with each client to create safety and/or self-care plans and encourage them to share this with a parent or houseparent.

At the beginning and end of counselling, the counsellor will email the pupil's houseparent to let them know when they start and finish sessions. An ending report will also be submitted to the medical centre after closure. This contains some basic information about the client's engagement in sessions and any recommendations for further support. It may also contain some themes of the work (e.g. building self-esteem) but no details as to what has been said in sessions.

## What is the counselling service?

My Solution Wellbeing is a trusted mental health and wellbeing service dedicated to providing high-quality, compassionate support to individuals and organisations. We specialise in helping people build resilience, improve emotional wellbeing, and navigate life's challenges with confidence and clarity.

Our team is made up of experienced, fully qualified counsellors and wellbeing professionals who are passionate about empowering others to achieve personal growth and reach their full potential. We believe in a holistic, person-centred approach that respects each individual's unique journey.

## Who might benefit from counselling?

Any student who feels overwhelmed, needs a safe space to talk, or wants support in building emotional skills can benefit from working with our counsellors. Whether a student is struggling with a specific problem or simply wants to better understand themselves and develop personal strengths, this service offers valuable guidance and encouragement.

Our counsellors can help students with a wide range of issues, including:

- Managing stress and anxiety
- Coping with academic pressures and exam stress
- Improving self-esteem and building confidence
- Navigating friendships and relationship challenges
- Adjusting to transitions and change
- Developing healthy coping strategies and emotional resilience

## What the support will look like:

Students accessing the counselling service will receive one-to-one support in a private, comfortable space on campus students can talk openly about their thoughts, feelings, and any challenges they may be facing. Each session is designed to provide a safe and welcoming environment. Our counsellors take a warm, empathetic, and non-judgmental approach, working collaboratively with each student to help them explore their emotions, build self-awareness, and develop practical strategies for managing difficulties. The support is fully tailored to each individual's needs, allowing students to move at a pace that feels right for them.

*If you would like to refer a pupil for counselling, please speak to the medical centre or complete a referral form.*

## In addition to our counsellors – My Solution Wellbeing has a Life Coach: Sherry Moghaddam

### Meet your Life Coach: Sherry Moghaddam

Sherry is a dedicated and compassionate Life Coach who is passionate about supporting young people as they navigate their personal and academic journeys. With a warm, empathetic approach, she creates a safe and nurturing space where students feel truly heard and understood.

Sherry believes that every student has unique strengths and untapped potential waiting to be discovered. She takes the time to build genuine, trusting relationships, empowering students to develop confidence, resilience, and a strong sense of self. By helping them set meaningful goals and learn effective strategies for managing challenges, Sherry inspires students to embrace growth and believe in their own abilities.

Known for her heartfelt warmth and steady encouragement, Sherry guides students at a pace that feels right for them, ensuring they feel supported every step of the way. Her personalised approach not only fosters personal development but also equips students with lifelong skills that extend far beyond the classroom.

Sherry's greatest joy comes from seeing students thrive - discovering their passions, overcoming obstacles, and stepping into their full potential with confidence and enthusiasm.

*If you would like to speak to the Life Coach then you can do so via your House Parent or The Head of Wellbeing.*

# External Support – off campus

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## **Behavioural Consultant: Charlotta Holenstein**

Bookings are made following consultation with a Houseparent.

Charlotta works both directly and in a supervisory capacity with children and young people with a range of diagnoses including: developmental delay, autism, dyspraxia, Attention Deficit Disorder and chromosomal abnormality. Currently, much of Charlotta's work is with children and young people often referred to as "grey area" children/young people. These children/young people have no diagnoses and are typically in mainstream school.

They may perform well in certain areas but struggle in others, whether their difficulties be social, behavioural or emotional.

Charlotta provides one-to-one therapy for children/young people as well as consultation for families and schools in a number of areas including the following:

- Improving peer interaction skills
- Increasing social awareness
- Improving social skills
- Coping with fears and phobias
- Coping with bullying
- Improving daily living skills
- Improving organisational skills
- Increasing focus and attention
- Increasing self-esteem
- Managing behavioural problems

## **Child Therapy: Holly Allen, Mulberry House**

Bookings can be made directly with Holly at Mulberry House or in consultation with the Head of Wellbeing.

Holly has worked as a young person and children's counsellor in Edinburgh for over 10 years. Her expertise has allowed her to build safe, trusting relationships with clients. She understands that each client is unique and therefore uses her skills and experiences, which she has gained from studying, personal reflection, and working with various clients, to adapt and tailor each session to meet her client's needs.

Seeking counselling can be intimidating, especially for children and young people. However, Holly provides a warm and gentle approach to help them feel comfortable and safe. Initially, the process may seem daunting, but as they work without realizing it over time, they become stronger. Although the process may be slow and painful sometimes, it will undoubtedly lead to healing.

Holly enjoys using materials during her sessions, and she offers art materials, sensory toys, games, and music to make her clients feel more at ease.

She adapts to each client's preferences to create a comfortable and welcoming environment.

Holly's experience as an Edinburgh counsellor has been primarily schoolbased, working at various local schools.

## Life Coach: Caroline Jack

As a Life Coach, Caroline Jack helps and supports adults and teenagers with their mental and physical wellbeing and self-confidence by working one-on-one over a period of weeks or months, helping to encourage self belief and growth. Life coaching is all about moving people forward in their lives. It is not about focusing on the past, however getting context and acceptance of the past is important and allows people to understand themselves better. Life coaching is about allowing people to realise their potential and create a growth mindset so that they can enjoy the journey towards achievement.

Appointments can be made emailing [caroline-jack@sky.com](mailto:caroline-jack@sky.com) directly or via The Head of Wellbeing.

Caroline can help with:

- Validation of thoughts
- Confidence, self-esteem and resilience
- Coping with self criticism and negative thoughts
- Stress and how to manage it
- Relationships with parents and friends
- Time management and routines
- Self-care – wellbeing and healthy habits
- Personal performance and pressure
- Career aspirations and CV writing
- Helping individuals to realise their potential

# Psychology

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Bookings for the Psychologists are only made via the Medical Centre following a review.

## Dr Claire Gittoes, Consultant Clinical Psychologist

“I am a Consultant Clinical Psychologist, with extensive experience of working within the field of mental health. My particular area of expertise is Child and Adolescent Mental Health with a specialist interest in working with difficulties arising from depression, anxiety, interpersonal difficulties and the effects of trauma.

I strongly believe in providing support to the system around the client whether that be professionals, loved ones or external agencies. I am Chartered by the British Psychological Society (BPS) and a registered member of the Health and Care Professionals Council (HCPC) and Association of Clinical Psychology (ACP). I work across the age range with specialist training in a number of therapeutic approaches. I take an integrated approach in my therapeutic work drawing on my training in Cognitive Behavioural Therapy (CBT), Interpersonal Psychotherapy (IPT), Mentalization Based Therapy

(MBT), Eye Movement Desensitization Reprocessing Therapy (EMDR), Schema Therapy, Mindfulness based practice Cognitive Therapy and Compassion Focused Therapy. I offer independent, specialist psychological assessment and therapy to children, adolescents, adults and families who are struggling with a range of emotional and psychological difficulties.”

## Lisa Esingle, Clinical Associate in Applied Psychology

“I am a Clinical Associate Psychologist, with a range of skills and competencies essential for the delivery of psychological assessments and interventions in a variety of services for young people and their families. These skills include assessment, formulation, and intervention to support the wellbeing of young people by offering an accessible service that can work systemically, incorporating the wider influencing system, where appropriate and able. Consultation and support to parents and staff is also offered.

I have advanced, specialist training in Cognitive Behavioural Therapy (CBT) for children and young people to support students to manage a range of difficulties. For example, anxiety, phobias, obsessive compulsive difficulties, low mood, anger problems, peer and social difficulties and sleep issues. I am also trained in Behaviour Activation (BA) and Trauma Focused CBT. I am a registered member of the British Psychology Society (BPS) and work in line with the Health and Care Professionals Council (HCPC) standards of conduct, performance, and ethics. I offer an approach which is compassionate, trustworthy, confidential, and respectful.”

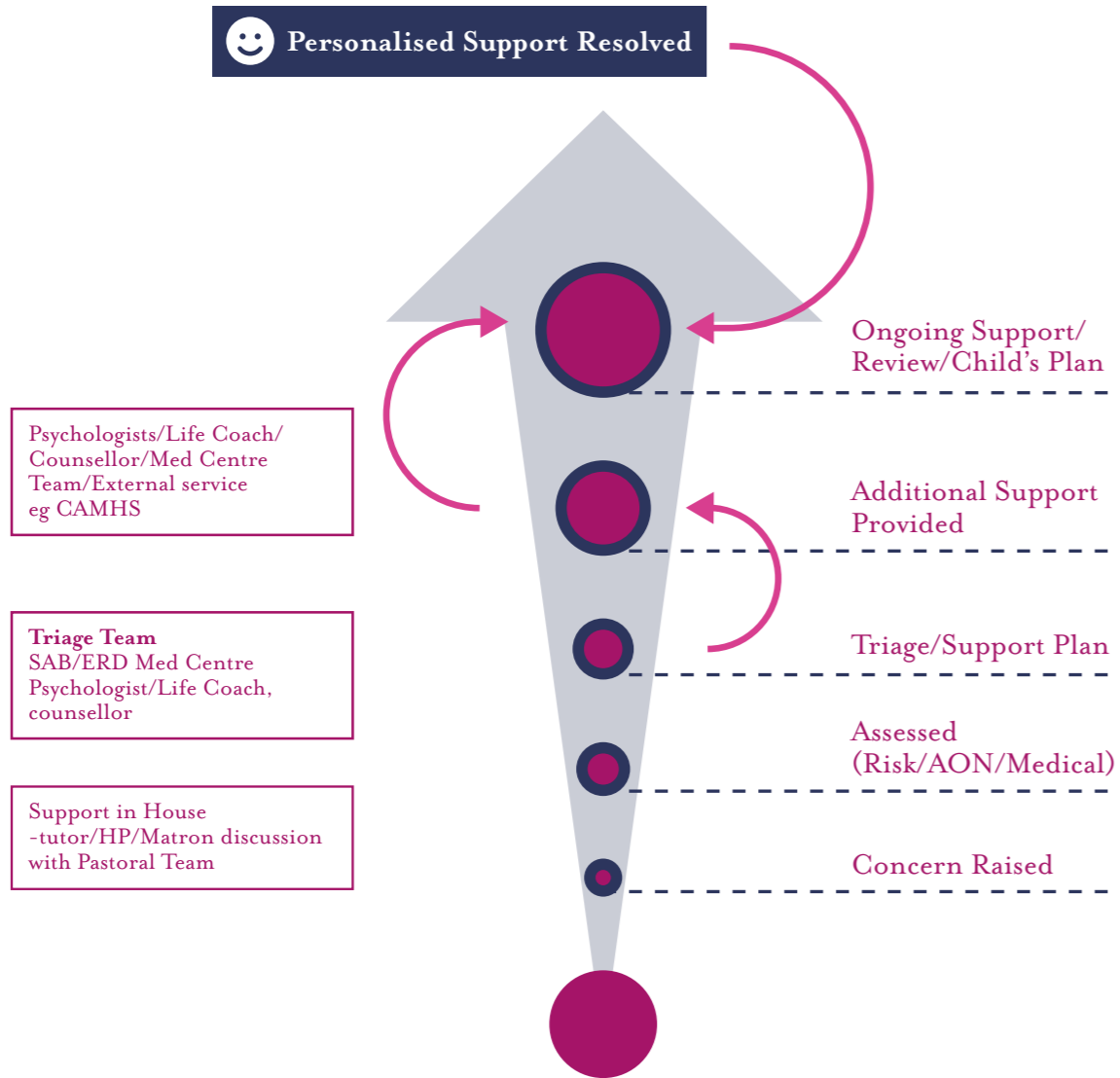
## Dr Emma Rhodes, Clinical Psychologist

“I am a Clinical Psychologist, specialising in Child and Adolescent Mental Health, with over 10 years’ experience delivering psychological assessment and therapy. I am also a registered member of the Health and Care Professions Council (HCPC). I have skills in completing psychological assessment, formulation and intervention with a broad range of complex presentations in children and adolescents including anxiety, mood difficulties, trauma, attachment difficulties, developmental disorders, behavioural concerns, bereavement and adjustment difficulties. I use a range of evidence-based theoretical models and approaches, including Cognitive Behavioural Therapy, Acceptance and Commitment Therapy, Compassion-Focussed and Attachment-Based approaches. I also work systemically with those who are involved in supporting a child or young person, such as families, schools, and other agencies.

I am able to facilitate therapeutic groups and offer staff training, supervision and consultation where appropriate. I feel everyone should have access to information and support around their emotional wellbeing. To this end, I have experience in developing resources and lesson plans to embed this information into the school curriculum. I strongly believe in the importance of intervening early in the development of psychological difficulties and enjoy using my skill set in creative ways to promote engagement and break down barriers to accessing mental health support.”

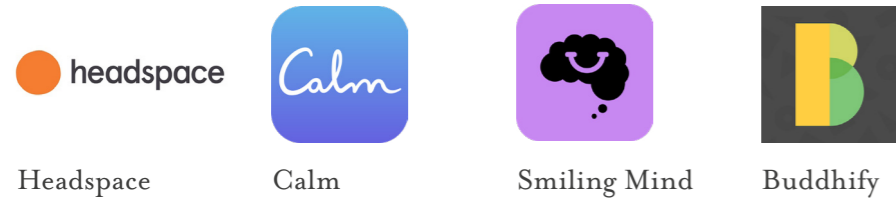


## Process of personalised support for students



# Useful wellbeing apps

## To help you relax...



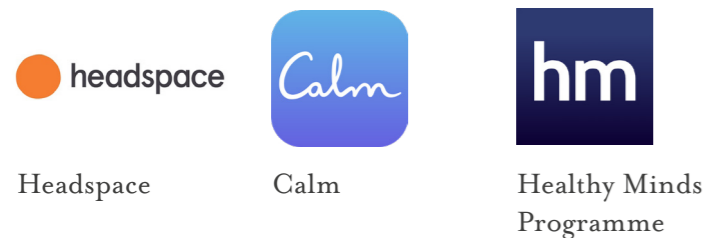
Headspace Calm Smiling Mind Buddhify

## To help you sleep...



Sleep Easy Meditation Relax Melodies: Sleep sounds, white noise and fan

## Guided meditation...



Headspace Calm Healthy Minds Programme



# Staff wellbeing opportunities

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**Westwoods Health Club:** As a member of staff, you can enjoy membership of the excellent on-site Westwoods Health Club, further information can be found on Firefly: Westwoods Health Club Staff Membership.

'Spark' - provided through Spectrum Life, is the Fettes Employee Assistance Programme (EAP) providing online support. Through your phone, tablet, or desktop, you and your immediate family have access to a wide range of 24/7 support services. These include access to an online GP, mental-health support, dental, legal and financial guidance, fitness and wellbeing resources, and much more. To get started, simply download the "Spectrum.Life" app and follow the instructions under Lifestyle / EAP via the 4me platform on the firefly dashboard.

**Access to Life Coach**

**Menopause Support Group**

**JCC – Joint Consultative Committee:** This group includes teaching staff and governors who are responsible for raising any concerns that the teaching staff common room may have.

**Academic Support**

**Staff Induction for teaching & operational staff – day and weekly sessions**

**Buddy/Mentor System**

**Line Manager and members of department**

**SMT support in Departments**

**Regular reviews for Operational and Teaching staff**

**Access to facilities:**

**Meals:** Lunch is provided at school during your working day and have tea/coffee facilities throughout campus.

**Parking:** Free on-site parking

**Space:** Superb grounds for walks

**Staff Groups** - have included

- Inclusion Labs Working Group
- LGBTQ+
- Gymw and fitness classes
- 5 aside football
- Staff Tennis and Badminton Sessions
- Touch Rugby Teams
- Book group

**Common Room** - Support and Staff Socials – craft, theatre outings, pub visits etc

**Communications Forum (Operations & Enterprise)**

**Continued professional development learning/ professional update/review process**

# External organisations

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**Childline**

[www.childline.org.uk](http://www.childline.org.uk)

Free confidential help, advice, counselling and support

**Breathing Space**

[www.breathingspace.scot](http://www.breathingspace.scot)

Confidential help and advice if you are feeling down or depressed

**Childnet**

[www.childnet.com](http://www.childnet.com)

Promoting internet safety for young people

**Kidscape**

[www.kidscape.org.uk](http://www.kidscape.org.uk)

Information for young people on bullying

**Care Inspectorate**

[www.careinspectorate.com](http://www.careinspectorate.com)

Working to improve care services

**YoungMinds**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Fighting for young people's mental health

**Healthy Respect**

[www.healthyrespect.co.uk](http://www.healthyrespect.co.uk)

Chalmers Sexual Health Centre, 2A Chalmers Street, EH8 9ES

**RespectMe**

[www.respectme.org.uk](http://www.respectme.org.uk)

Scotland's anti-bullying service

**Parvrus**

[www.papyrus-uk.org](http://www.papyrus-uk.org)

UK charity for the prevention of young suicide

**LGBT Youth Scotland**

[www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)

Access for all for help. Lesbian, Gay, Bisexual, Transgender

**Salvesen Mindroom Centre**

[www.mindroom.org](http://www.mindroom.org)

Empowering children and young people with learning difficulties



Fettes College



Fettes College  
Preparatory School