



HeadStart Kent

Herne Bay Junior School is now a Headstart Kent school.

Headstart aims to support young people by developing their skills of resilience and perseverance as they take the steps into young adulthood.

To support pastoral care at Herne Bay Junior school, we now have a strong team of fully trained peer mentors to support other pupils in the school.

The school boasts a newly resourced and staffed Safe Space in the Cabin; this is a specialist room developed and led by Mrs Edwards, which provides a space within school for pupils to relax and discuss any issues, including strategies to move forward, enjoy some calm time or engage in activities to promote emotional health and wellbeing.

The Cabin will also host lunchtime mindfulness sessions for pupils, and provides a space for our peer mentors to be available for drop in sessions during break and lunch.

We have full provision to support the mental wellbeing of our learners, through access to Mrs Edwards, our pupil counsellor and external agencies where required.

Full detail of the Headstart project, along with associated resources can be found here: <http://www.headstartkent.org.uk/>