



# Meet your Learning Mentor

Hi Somerdale,

I'm really excited for September and getting stuck into my new role as Learning Mentor. I am here to help, guide and support everyone, so please let me know if I can help you. You'll mostly find me in the Rainbow Room or in the Library at lunchtimes. Don't forget you can write a note to Wilbur the Worry Monster too.



## Thrive

I have been a Thrive Practitioner for a couple of years now and love it. Thrive helps me to help you. It increases your well being and helps you to feel good about yourself. It lets you know how important you are and you learn to recognise and regulate your emotions too.

## About me



I have an amazing daughter called Phoebe, who will be starting Y10 in September. I also have two grandbabies called Willow and Hawthorn who like to chew anything they come across. It's a good job we love them so much!!

I also love going to watch Bristol Bears and enjoy family time at the weekends.