



BURY

GRAMMAR SCHOOLS

21st November 2018

Dear Parents,

Bury Grammar School is launching an exciting new opportunity for pupils to become Mental Health Ambassadors to raise awareness about common mental health issues which may be experienced by young people in society today and to signpost them to the correct avenues of support at Bury Grammar School.

Next week, Heads of Year will deliver assemblies introducing mental health as something that we all have, like physical health, and will encourage pupils to think about ways to stay well, how to seek help and the importance of supporting their peers.

Pupils in Y7-11 will be invited to write a letter of application stating the reasons why they want to become a Mental Health Ambassador and what they can bring to the programme. We understand that our pupils are already heavily involved in many extra-curricular activities during the school day and beyond and may not be able to commit to this role at this point.

Successful applicants will receive training by qualified Mental Health First Aiders in school. Within their role, the MHAs will act as "information points" about mental health and wellbeing for their peers: the training undertaken will enable them to answer general questions and to signpost to additional sources of information and support in school. They will also encourage and support disclosures to the pastoral team, helping to bridge difficult conversations. The MHAs will meet regularly with members of the pastoral team to ensure that they are supported in their new role.

Overview of role:

- Involvement in year group assemblies to raise awareness of Mental Health
- Link between pupils and teachers
- Direct peers to the correct avenues of support in school
- Assist with noticeboards and school displays
- Involvement in mental health and anti-stigma projects
- Regular support meetings with a member of the pastoral team

Peer support is something young people identify as critical to the development of their mental health. At Bury Grammar School, we recognise that peer support provides an important opportunity to develop wellbeing within young people.

If you would like any further information about the above initiative, please do not hesitate to contact school and speak to a member of the pastoral team.

Yours sincerely

Mrs R Newbold
Pastoral Deputy Head, Girls

Mr R Lees
Pastoral Deputy Head, Boys

Headmistress: **Mrs J Anderson BA PGCE Med**

Headmaster: **Mr D Cassidy BSc**

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