



Altrincham Grammar School for Boys

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Head Master: Mr G A Wright M.A. (Hons) FRSA

17th October 2023

Dear Parent/Carer

Over the years, we have endeavoured at AGSB to offer support and advice for our students, parents and carers, particularly in the area of wellbeing and mental health. The latest was the webinar last week by Dr Kathy Weston about 'How to raise a Resilient Child'.

We have a School Counsellor (Mrs Goodman) who is employed two days a week throughout the year. She has worked with us for more than 15 years, knows our students, the pressures they face and can offer them practical strategies to enable them to cope better with their issues. This can help your child to improve the way they feel about themselves and support your child to deal with life situations and incidents such as stress, anxiety, self-harm, bereavement, relationship issues, anger and more.

She offers confidential support not only to students, but to staff, parents and carers on a whole range of issues. Students are offered her services by Heads of Year and/or parents/carers, but they can also self-refer.

We have over the past several years trained Peer Mentors who have been deployed by Heads of Year to work 1:1 with those students whom we felt have struggled, perhaps organisationally with their work, or who may be having difficulties with friendships, or who have needed a little more support by way of revision skills. This has been in addition to Subject Support Mentors who have volunteered to help students with specific work related issues at lunchtimes.

This term we trained 16 Sixth Form Students for a whole day in Mental Health First Aid who will be available in the Head of Year room from Monday to Thursday, where students can go to talk confidentially, peer to peer. This is via self-referral although Heads of Year will also use these Mental Health Champions with those students they feel need extra help and support.

At the end of last week, we also trained nearly 40 students in Anti-Bullying and/or Wellbeing. These were from Years 8 to 10 and they too will be asked to work with vulnerable students from amongst their ranks under the supervision of the Heads of Year.

We have in the past also sent out, via Parent comms, what we consider to be useful reference points for parents and carers with teenagers such as the value of charitable, national bodies like Kooth and Hidden Strength who offer advice and support confidentially and in a very safe, monitored environment.

Within the last few weeks, I sent out a link to all parents about a useful website 'Health for Teens' (<https://www.healthforteens.co.uk/>). This is a Trafford initiative for teenagers within Trafford and the Greater Manchester area.

Amongst the features are bite-sized information on a comprehensive range of physical and emotional health topics for young people, including healthy eating, body image, managing stress, advice on relationships, puberty, sexuality and much more. Young people can also find out about accessing help and support from local Trafford and Manchester services.

The site focuses on the following key health and wellbeing topic areas:

- Feelings
- Growing up
- Health
- Lifestyle
- Relationships
- Sexual Health

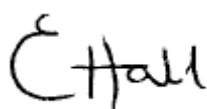
For example – the website has produced new articles to support young people on:

- Starting Secondary School
- Immunisations in Secondary Schools – just the facts!
- 4 relaxation techniques to combat stress and anxiety

If you would like to know more then please feel free to get in touch with me.

If your son is struggling in any way and he would like to access the School Counsellor or use the Head of Year room for peer support during the week, please contact Mr Hall (Deputy Head) or the relevant Head of Year.

Yours faithfully



Mr E Hall
Deputy Headmaster