



Bradford
Grammar
School

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**Well-being
and mental
health
information**

Welcome

Well-being is a prerequisite of academic excellence, and the emphasis we place on pastoral care, pupil welfare and the value of our parents is integral to who we are.



At BGS we recognise that the School has a key role to play in supporting our pupils' mental health and developing their emotional resilience.

We know the importance of well-being to securing the happiness and success of our pupils, and recognise that the teenage years are not always plain sailing.

Young people are likely to experience stress, anxieties, and emotional ups and downs as they make their way through school.

Some of them may face more serious mental health issues and will need particular help from school, home and professional agencies.

We aim to offer every pupil the support they need as effectively as we can.

Jane Chapman
Assistant Head (Pastoral)



Depression



More info

- The National Clinical Practice Guidelines define depression as "a loss of interest and enjoyment in ordinary things and experiences...low mood, and a range of associated emotional, cognitive, physical and behavioural symptoms."
- NHS Choices has a section entitled '[Is your child depressed?](#)'
- The Charlie Waller Memorial Trust also has useful sections on '[Recognising Depression](#)' and '[Seeking Help](#)'

Identifying that your child is clinically depressed or suffering from an anxiety disorder can be difficult, given that for most young people the teenage years are a time of mood swings.

Worries about fitting in socially, coping with school work, performing in exams, living up to expectations, succeeding in school and out of school, can all lead to low moods and self-doubt.

Adolescence presents plenty of challenges, as a young person has to cope with the onset of sexual maturity, developing their self-image and identity, and needing to move away from dependence upon their parents so that they develop an ability to deal with difficulties and disappointments for themselves.



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Outstanding pastoral support contributes to the happiness of Bradford Grammar School pupils, creating a positive, friendly atmosphere for all.

We work closely with parents to ensure each child receives the best possible pastoral care during their time at BGS.

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Anxiety



All of us need a healthy level of stress and anxiety to ensure that we perform well, and we expect that our students will learn to cope with manageable levels of anxiety and to use them to good effect.

Anxiety levels at BGS are always raised when exams loom, or when the pressure of academic expectations mounts, but social anxieties are an everyday issue too, as pupils can sometimes worry about friendship groups, fitting in, or what others think of them.

Some pupils, however, may suffer from more serious levels of anxiety and be diagnosed with a specific anxiety disorder, such as acute stress disorder, panic disorder, a specific phobia, post-traumatic stress disorder, obsessive compulsive disorder or generalised anxiety disorder.

More info

- NHS Choices has an informative section on '[Anxiety Disorders in Children](#)'
- Kids' Health has an article on anxiety in their '[Teenshealth section](#)'
- The Australian '[Raising Children](#)' parenting website also contains some helpful information and advice

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Happiness is the key to academic excellence, which is why we prioritise the well-being of our pupils through pastoral care.

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Self harm

More info

- This [article from the Parentzone/CEOP Parentinfo site](#) is very helpful
- Youthscape's Selfharm UK has an excellent section in their '[Get Information](#)'
- Pooky Knightsmith's '[Inourhands](#)' website is also full of good information and she has worked with the [Charlie Waller Memorial Trust](#)
- Mind have also produced a useful booklet about [who self-harms and why](#)
- Stem4 has a '[Calm Harm app](#)' available free for iphone, ipad and android phone

Self-harm seems completely counter-intuitive to most parents, and it is always shocking and distressing for a parent to discover that their child is deliberately harming themselves.

However, at school we are aware that this pattern of behaviour is on the increase among young people.

We recognise that young people who self-harm are genuinely in need of attention. Sometimes a teacher will notice signs that a student is harming themselves, and sometimes a friend of the pupil will make a member of staff aware.

We refer them to the School Nurse who will talk to them to find out why they are doing so and how we can help them to use less destructive practices (in line with Youth Mental First Aid training).

The School Nurse will usually contact parents to inform them. We would encourage a parent who becomes aware that their son/daughter is self-harming to let School know, so that we can work together to support them, but we would also advise that the student sees their GP.

Online safety



Young people spend increasing amounts of time online to socialise and have fun, as well as using the internet to research and explore for educational reasons.

In among the wealth of good opportunities for them online, the potential dangers to young people online are considerable, and include cyberbullying, access to pornographic and other inappropriate material as well as the risk of child sexual exploitation (CSE).

The BGS PD programme for Years 7-11 delivers education about how to stay safe online, and visiting speakers lend their voices to those of form tutors and Mrs Croudson's PD lessons.

Cyberbullying is recognised in the school's anti-bullying policy as a major source of distress to some pupils and we are well aware that young people say and do things online which they would not say and do in person.

Keeping our young people safe online begins both at home and in school with timely, well-informed information and education, but parents may also need some guidance and education to equip them in the safeguarding process.

More info

- The NSPCC website has plenty of useful information for parents
- [Vodafone's digital parenting magazine](#) is also highly recommended
- The Lucy Faithful Foundation have also produced a useful guide for parents of young people who have got into trouble online, called '[What's the Problem?](#)'
- Jonathan Taylor, the e-safety consultant who came into school to give talks both to parents and to students has some good advice on '[safer surfing](#)'

Eating disorders



Teenagers are very self-conscious about their looks, and despite efforts at home and in school to promote self-confidence and a healthy attitude towards body-image.

A number of students will diet, or control their eating, in an effort to lose weight or build a body that conforms to the idealised versions promoted in the media. Eating disorders are more common among girls than boys, but both genders suffer from them.

More info

- Dr Pippa Hugo, Child & Adolescent Psychiatrist and Lead Eating Disorder Consultant at Priory Hospital Roehampton, has written a very useful [guide for parents](#)
- [B-eat](#) is a helpful charity providing information, support groups and resources for people suffering with eating disorders.



Julian Reed-Purvis,
Head of
Year 13



Ruth Thompson,
Head of
Year 12



Mark Thompson,
Head of Years
10 and 11



Elizabeth Greaves,
Assistant Head
of Years 10
and 11



Kate Wilde,
Head of
Years
8 and 9



Angela Hicks
Assistant
Head of Years
8 and 9



Emma Tomlinson,
Head of
Year 7



Sally Martindale,
School Nurse



Carrie Kajda,
School Nurse



Sue Makin,
School
Counsellor



Amanda Fletcher,
School
Counsellor



Julie Smales,
Pastoral
Secretary



Suzy Palmer,
Head of
Learning
Support



Louise Croudson,
Learning
Support



Useful links and policies



We have various policies relating to well-being and happiness in School including:

- Anti-bullying
- Behaviour
- Safeguarding
- Drugs and drugs education
- SMSC
- Sex and relationships education
- Supervision of pupils
- Well-being
- Personal development programme of study

To view all our policies visit
bradfordgrammar.com/policies

We have many links with various speakers, charities and associated organisations. Our partnerships and collaborators include:

- [Action for Happiness](#)
- [Anxiety UK](#)
- [Beat](#)
- [Charlie Waller Memorial Trust](#)
- [Dick Moore](#)
- [Jeremy Thomas Talks](#)
- [No panic](#)
- [OCD Action](#)
- [Time to Change](#)
- [Relate](#)
- [West Yorkshire Police Cyber Team](#)

Meet the Pastoral team

Did you miss our 'Spotlight on Happiness' campaign?

Watch video interviews with parents,
pupils and staff describing what
happiness means to them



Visit our
'Spotlight on Happiness'
mini-site

[bradfordgrammar.com/
happiness](http://bradfordgrammar.com/happiness)

Find out about how BGS supports and
promotes happiness as an intrinsic
part of school life:

- Well-being and mental health
- Sport and healthy living
- Creativity and the arts
- Community outreach and enrichment
- Personalised teaching

Bradford Grammar School

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