

October 2019

Dear Parents,

Year 9 mental health, online safety and cyber bullying performance and presentation

Teenage mental health issues are never far for the news. It is undoubtedly true that while many young people seem to sail easily through adolescence into adulthood, others find the process much more difficult to navigate and need a bit of extra support along the way.

A child's time at secondary school is an important time to equip them to understand, protect and sustain their mental health throughout their school career and beyond.

On Monday 7th October, we are welcoming "Offshore," an upcoming lively energetic rock/pop band from the North West to Bury Grammar School who are currently on a Mental Health, Online Safety & Cyber Bullying themed school tour. They won't only perform for the pupils, they will also deliver a Mental Health, Online Safety, & Cyber Bullying message.

The main message of the presentation is to empower pupils to make the right choices in regards to Online Safety & Cyber Bullying, as well as to inform pupils not to discriminate and to treat everyone fairly. They will also discuss mental health and well-being, empowering pupils with confidence to speak about their state of mind, tools to recognise when to reach out and who to talk to.

The Bury Grammar School Mental Health Ambassador and well being programme launched in April 2018. The above opportunity will form part of different activities available to pupils throughout the year which promote positive health and well being.

Yours sincerely

R. Newbold *R. Lees*

Mrs R Newbold

Mr R Lees