February 2020

Dear Parent/Carer

Re: Carnegie Centre of Excellence for Mental Health Award

Harrogate Grammar School is delighted to announce that it has achieved the Carnegie Centre of Excellence for Mental Health Award at silver level. This award, led by Carnegie School of Education and Minds Ahead CIC, ensures schools are using evidence-based approaches, aligned to the latest professional guidelines surrounding mental health. Through a competency-based framework, Harrogate Grammar School has been able to use the structure of the award to evidence the way it has embraced leadership and strategy, support for staff and students as well as working with parents, carers and external agencies.

To read the full press release please click here.

The award also acknowledges that Harrogate Grammar School has used the process to very good effect in developing mental health strategies, structures and practices. This includes the work with St Michaels Hospice in piloting the Just B emotional wellbeing service, training a number of staff, including all of the Senior Leadership Team, to be Mental Health First Aiders (MHFA) as well as work with the Alex Timpson Attachment and Trauma Programme, which has directly influenced a new relationships and behaviour policy. The school has also been very fortunate to work with Pat Sowa, a MHFA Trainer, who is a great advocate in this area but has also been a huge supporter of the school and Red Kite Learning Trust.

Harrogate Grammar School is working with a software company to develop an app that measures wellbeing, but also signposting students to appropriate and tailored support. It is also involved in work with the DfE to trial new resources to support relationship and sex education.

If you would be like to join a parent/carer group to work more closely with the school in developing the next stages of our mental health strategy, structures and practices, we will be meeting on Tuesday 3 March at 6.30pm in the Sixth Form Forum. To get involved with this parent/carer group please click on this link: HGS Mental Health Award Parent/Carer Group

The meeting will include the following items:

- Share the feedback from the successful Schools Mental Health Award
- Update on the Emotion Coaching project
- Consultation on a new Relationships and Sex Education Policy

We look forward to sharing how we, as a community, are further developing practices in relation to mental health and wellbeing over the coming months.

Yours sincerely

Mr N Renton
Headteacher

Mr T Milburn
Deputy Headteacher