

# **West Kirby Grammar School**

## **Healthy Schools**

### **YOUNG PERSON FRIENDLY AWARD**

In 2014 the Health Promoting team applied for the 'Young Person Friendly' Award. This award is supported by the Department for Health and is given to health providers (including Schools), who demonstrate they provide a welcoming and accessible service that is specifically tailored to meet the needs and requirements of our students. We put forward an application for the award in July and we were extremely pleased to find out in October that our School has now received this award.

### **ANTI-BULLYING WEEK 2014**

This year we supported Anti-Bullying week in a variety of ways. We held informative assemblies about this year's theme and used appropriate clips to tackle this serious issue. We also discussed topics surrounding this issue during PSHE and form time.

### **HEALTH SERVICES IN SCHOOLS PROGRAMME**

Our school benefits from the Health Services in Schools Programme. This service provides additional support for students who has access to a Local Authority nurse and a Youth Worker during weekly drop in sessions.

### **CYBER-MENTORS**

The team of Year 10 Cyber-mentors have been running weekly drop in sessions for students from Years 7, 8 and 9.

### **PUPIL PANEL EVENTS**

Representatives from the health promoting team (Year 8) and (Year 10) have attended a Key Stage 3 and Key Stage 4 pupil panel days, where they discussed various health issues with other students from different schools across the Wirral.

### **SIXTH MENTAL HEALTH FIRST AIDERS**

Two Sixth Form students have trained as mental health first aiders. They have introduced themselves to pupils in the lower years. They have also arranged a session about their role and what mental health is etc. for Year 9 students, during their PSHE lesson. They will also run drop in sessions for pupils. The sixth form students have been trained by CAHMS. The students operate under the guidance of the Sixth Form Learning Mentor.

### **KOOTH.COM**

One service we promote to our Year 7 students is kooth.com. Kooth is a safe, online service which is offered to all students in Wirral schools. The service can provide your daughter with confidential advice from specially trained counsellors and youth workers on any issues that may be worrying or concerning them. The counsellors at kooth follow the British Association of Counselling and Psychotherapy guidelines and code of ethics.

Kooth provides information about local services, events and news. The website also allows young people to write a blog and messages. Any messages or blogs that are placed on kooth are monitored for its appropriate content.