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The West Bridgford School

Mr T Peacock B.Sc (Hons)
Headteacher

Dear Parent/Carer,

We understand that the transition from primary to secondary school can be an anxious time for students. With the support of the Mental Health Support Team (MHST), Ms. Masterson oversees a team of trained Peer Mentors in Years 10 & 11. We have designed a 6-week peer mentoring programme which has been successfully delivered for the past two years.

Peer Mentoring is on a Wednesday morning during registration. Students are based in the canteen for these sessions from 8:30am-8:55am. This is supervised by staff from the pastoral team.

We would like to offer this provision to as many Year 7s as possible, as they navigate the adjustment to secondary school life. We hope to offer students support around understanding changing friendships and relationships, dealing with revision and homework, developing lifelong skills of managing their emotions, and looking after their own mental health and wellbeing.

If you think that your child would benefit from these sessions, we would be happy to put their name down for the first round of sessions starting in the Autumn term. Mrs Clarke and I think that this is an amazing opportunity to offer additional support to the current pastoral support that is on offer.

If you would like to nominate your child, please email y6@wbs.school. We would like to offer this opportunity to as many Year 7s as possible throughout the year. There will be more opportunities for them to take part as the year progresses.

Yours sincerely,

Mr D Andrews

Year Director for Year 7 & Transition

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