



# THE BUCKINGHAM SCHOOL

## A SPECIALIST SPORTS COLLEGE

London Road  
Buckingham  
MK18 1AT

Tel: 01280 812206

Fax: 01280 822525

Email: [office@buckinghamschool.org](mailto:office@buckinghamschool.org)

Website: [www.buckinghamschool.org](http://www.buckinghamschool.org)

Headteacher: Mr A McGinnes

06 May 2021

Dear Parent / Carer

Next week is Mental Health Awareness Week and this year's theme is 'Connecting with Nature'.

There are lots of things we can do to support our mental health and wellbeing when being in nature. We can connect in a variety of ways; from going for a long walk, to growing plants on the windowsill. Below are links to guides for students and parents/carers on the benefits of connecting with nature and our mental health, which has been published by the Mental Health Foundation:

[Nature Guide for Parents/Caregivers](#)

[Nature Guide for Pupils](#)

We are committed to supporting the mental health and wellbeing of all our students, staff and wider community. If you are struggling with your own mental health or are worried about someone else, there are many organisations that offer support, guidance and signposting and I have included links to some of these further down.

Within our school, we have lots of people to go to for advice and to talk to. Please encourage your child to reach out if they need to and speak to a trusted adult in school. This could be their Form Tutor, Head of Year, or any other member of teaching or support staff they trust.

We have qualified Mental Health First Aiders around school who are members of staff who have been trained to notice the signs and symptoms of mental ill health and to listen in a non-judgemental way to support and signpost our students. There are posters all around school with the photos of the staff members on.

We also have the Student First Team who are available for help and support. We are a team that supports all aspects of students' pastoral care and support, mental health and wellbeing.

The Student First Team consists of:

Mrs Goodger: Director of Welfare and Attendance - [jgoodger@buckinghamschool.org](mailto:jgoodger@buckinghamschool.org)

Mrs Branch: Specialist Educational Needs Co-ordinator - [jbranch@buckinghamschool.org](mailto:jbranch@buckinghamschool.org)

Mrs Wallace: Anti-Bullying co-ordinator - [awallace@buckinghamschool.org](mailto:awallace@buckinghamschool.org)

Mrs Curtis: Lead Practitioner for Inclusion - [ecurtis@buckinghamschool.org](mailto:ecurtis@buckinghamschool.org)

Miss Matthews: Mental Health Lead - [pmatthews@buckinghamschool.org](mailto:pmatthews@buckinghamschool.org)

During this year's Mental Health Week (and every other day too!) be kind to yourself and seek support if you need to. Our mental health is equally as important as our physical health.

Yours faithfully

Miss P Matthews  
Mental Health Lead

[pmatthews@buckinghamschool.org](mailto:pmatthews@buckinghamschool.org)

*The Buckingham School is concerned that every student should have the opportunity to attend school activities/obtain equipment, regardless of their financial circumstances. As such, it may be possible to subsidise those students who would otherwise be unable to attend trips/purchase items. Please feel free to write in confidence [office@buckinghamschool.org](mailto:office@buckinghamschool.org), if you wish to seek assistance, or obtain more information about Pupil Premium funding.*





<https://www.mentalhealth.org.uk/>



<https://youngminds.org.uk/>



<https://www.kooth.com/>



<https://www.anxietyuk.org.uk/>



<https://www.mind.org.uk/>

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