



# Ripon Grammar School

27 November 2024

## **Pastoral Information Evening for Parents – One Punch Kills and Low Mood Monday 9 December at 6.30pm in Main School Hall**

Dear Parent/Guardian

On Monday 9 December I would like to invite you to school to attend a presentation about the dangers of physical violence and/or one focusing on low mood.

### **Session 1**

**6.30pm – 7.00pm: Martin Powell (Police School Liaison Officer)**

**Theme: One Punch Kills Assembly**

Over the course of this last academic year, we have been working closely with our Police School Liaison Officer, Martin Powell (PCSO 5539) to offer assemblies to the students about current issues facing young people both within and outside of school.

Martin has delivered or is due to deliver assemblies about sexting, knife crime and One Punch Kills to Year 7, he has already delivered these assemblies to all other year groups. I would like to offer you the opportunity to meet Martin and hear the content of the One Punch Kills assembly that your children will or have already received. We believe this will help you in supporting your child and provide an opportunity to start conversations about these challenging issues.

The assemblies are delivered to the students in an age-appropriate manner and Martin is available at the end of his sessions should students wish to ask follow-up questions or seek guidance on an issue.

Martin has also provided some one-to-one support for students in school and will continue to do so in the coming months.

*Founded in Saxon Times, re-founded in 1555*

**Headmaster:** Mr Jonathan M Webb, MA

**Address:** Clothholme Road, Ripon, North Yorkshire HG4 2DG



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### Session 2

**7.15pm – 8.00pm: Sandra Thomas (Education Mental Health Practitioner with the Wellbeing in Mind Team – Tees, Esk and Wear Valleys NHS Trust)**

**Theme: Low mood**

The second session of the evening will be led by one of the Wellbeing in Mind Team, Sandra Thomas. Sandra will deliver information about low mood. This topic has been chosen following feedback and requests from parents for further support and guidance. In the session, she will be looking at:

- What is Low Mood
- Spotting the signs of low mood
- Common causes of low mood
- Techniques to support your child with low mood
- Signposting, books and useful websites

If you have any questions, please do not hesitate to contact the school. If you have a pastoral topic that you would like us to host a future information evening on, please get in touch.

To reserve a place for either or both sessions, please complete the Microsoft Form by clicking on the link below so that we have an idea of numbers:

<https://forms.office.com/Pages/ResponsePage.aspx?id=N8McgZMDrkqueMJmrgHoKn8FLYoBRotJnFuBUQSeVvZURExFWTA1VTIMVUkzWFhLVExSQkFRTDdYTC4u>

Tea and coffee will be available between 7.00pm – 7.15pm and this will give you a chance to ask Martin or Sandra any questions or speak to other parents who are attending the information evening.

Best wishes

**Mrs H Keelan-Edwards**  
**Deputy Headteacher Pastoral and DSL**

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