

# Urmston Grammar School



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2<sup>nd</sup> May 2023

Dear Parent/Guardian,

## Re: Hummingbird Project

Urmston Grammar has been selected to take part in a Positive Psychology project being run by the charity, Medequip4kids.

The project will take place over 6 weeks, in school, and will focus on happiness, resilience, character strengths, growth mind-set, hope and gratitude and mindfulness. The attached information gives you further detail on the sessions. The sessions will last no more than 1 hour each week and the sessions will be rotated to ensure that students participating do not miss the same lesson each week. A member of the school staff will be present during all sessions.

Research shows that 3 people in the average classroom will experience a mental health problem by the age of 16 and with the growing concerns nationally about the mental health of our young people, Urmston Grammar is keen to offer this opportunity to our students in the hope there will be some long-term gain for its participants.

Following the success with some of our year 7 students last year, we have managed to secure enough places for all of year 7 to take part; however, the project is, of course, voluntary. If you would rather your son/daughter did not participate then please sign and return the attached form stating, you wish your child to be withdrawn. Pupils withdrawn from the project will be required to work in the LRC.

However, if you are happy for your son/daughter to participate then please sign and return the attached form giving your consent.

If you require any further information on the project you can contact the project coordinator, Ian Platt. His details are on the attached information sheet.

We would be grateful if you would return the consent or withdrawal form to form tutors no later than **Friday 12<sup>th</sup> June 2023**.

Yours faithfully,

Miss R Mc Dermott  
Wellbeing co-ordinator

**Urmston Grammar School - Headteacher: Mrs R S Wall**  
**pride, participation, empathy**