



Bradford  
Grammar  
School

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Pastoral care:  
Nurse and  
Counsellor  
information

# BGS School Counsellor

I'm Jo, the School Counsellor at Bradford Grammar School. Here at BGS we recognise the link between happiness and academic success. Emotional wellbeing and good mental health is given a high priority at BGS and students are actively encouraged to talk to staff about any problems they may have.

I'm also involved with managing our Sixth Form Pastoral Prefects, and help out with PD lessons. It is sometimes helpful for students to talk to a Pastoral Prefect about any low level problems they are having. They can talk to their Form Tutor, Head of Year or to the Nurse or Counsellor about being paired with one of our Pastoral Prefects. The Pastoral Prefects also runs a Games Club in the Learning Link at lunchtimes. They can help with low level problems, friendship issues or practical things like homework and exam preparation.

## What do I do?

- A school counsellor is someone that students or staff members can speak to privately in a safe space where they won't be interrupted.
- Someone who can listen and understand.
- Someone who won't judge them or give advice.
- Someone who can help them to process their feelings and find a way forward that is right for them.
- Someone who can help them to develop resilience and find ways to cope with the ups and downs of everyday life.
- Counselling is fully confidential, unless a student shares information that they are in danger or there is a safeguarding concern.
- Parental consent is usually requested for students under 13.



## How to access counselling

- Our school counselling service is available to any student.
- Students can self-refer by texting me, emailing me or calling in to see me at morning break.
- They can also be referred by a parent, teacher, Heads of Year (HOY) or the nurses.

## Where to find me

- My room is in the glass room adjacent to Heads of Years' office.
- It can be accessed discreetly via the nurses' sick bay.
- Most people make an appointment in advance, and wait on the chair outside the nurse's room
- Sessions are structured around the school time table.
- Students are given a pastoral pass excusing them from that particular lesson.
- Care is taken that they don't miss the same lesson each week.

# BGS Nurses

We are Hafsa and Nicola, the School Nurses.

## A listening ear

- We are always here to be a listening ear whenever a problem arises and we will work alongside you to find a solution.
- We are non-judgemental and will listen to ANY concerns that you might have.
- These may include concerns regarding friendships, academic staff, school work or home life.
- We can also offer a link with Heads of Year and the School Counsellor to ensure that you are receiving the support that's right for you.

## Confidential care

- We treat everything that you tell us in the strictest confidence.
- The ONLY time we cannot maintain confidentiality is when a student is in danger or when we have concerns regarding safeguarding.
- Confidentiality doesn't just apply to you! If you are feeling worried about a friend, you can come and share your concerns in confidence.

## Feeling unwell?

- You can come to us when you are in pain, feeling unwell or have had an accident that's caused an injury (e.g. whilst playing sport).
- We will offer you support and/or medication and will assess whether or not you require further medical care (e.g. a hospital or GP visit).

## Sexual health ...

- We provide confidential sexual health advice and information.
- As trained medical professionals, we will always deal with such concerns confidentially and with sensitivity.



## Medical conditions

- We help with the management of health issues and long-term medical conditions like diabetes, allergies and asthma.
- We keep spare Epipens and inhalers for students in the medical room.
- We also have an emergency Epipen and asthma inhaler in the medical room and there is one of each at reception.
- We are also able to store prescription medication for students such as migraine medication, insulin, etc. in the medical room.

## Where to find us

- You can find us in the medical room which is located on the first floor by the Heads of Years' office.
- If the door is closed, you'll need to knock and wait for someone to come to the door.
- You can come and see us between 8.30am and 2.30pm for routine issues or at any time during school hours for emergencies.
- If there is an emergency but we can't be found in the medical room, you can either go to reception or a head of year and ask them to ring us.

**Please do not hesitate to get in touch if you have any further queries or questions.**

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# Bradford Grammar School

The School Counsellor can be contacted on  
[JRutter@bradfordgrammar.com](mailto:JRutter@bradfordgrammar.com)

The School Nurses can be contacted on  
[Nurse@bradfordgrammar.com](mailto:Nurse@bradfordgrammar.com)

Senior School  
01274 542492  
[snr@bradfordgrammar.com](mailto:snr@bradfordgrammar.com)

[bradfordgrammar.com](http://bradfordgrammar.com)  
[@bradfordgrammar](https://www.instagram.com/bradfordgrammar)