



27 March, 2018

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To Whom It Does Concern,

Letter of support – The Gordon Schools with Networks of Wellbeing Ltd (NoW)

During my time as both Rector and Depute Rector at The Gordon Schools, we have been working closely in a very beneficial partnership with Networks of Wellbeing. This is a two-way relationship which has involved our pupils taking advantage of the various services offered by the charity as well as pupils here fundraising on their behalf.

The availability of the charity for families that come to our School is also an invaluable resource, as mental health issues are a feature of our community, like in every other community. Having a facility on our doorstep would allow us to foster closer links and more pupils to benefit during our school day. Pupils also respond better to leaving the School building to attend a community facility where the information and support comes from a specialist adult who they can build trust with.

Lately, with the support of a NoW trained tutor, we have been using the 'Mindfulness' approach with our younger pupils to promote resilience and more sustainable health and well-being. Our pupils have been given opportunities to develop their literacy through contributing to the local 'AB54' Newsletter and working with the charity to present at our local Youth Philanthropy Initiative competition. The 'Bike Shack' has provided invaluable support in providing skills for work for vulnerable pupils, at risk of missing out and exclusion as well as to our Mountain-biking group. This has also spawned links to other organisations, such as Sustrans, who have also enriched the educational experiences which we are able to offer our pupils. Many of our families also participate in the Huntly Fun Run and; we have offered pupils the chance to learn more about skills for life and work via the former 'No 11' drop-in facility in the town.

This year our current S1-S3 pupils donated a quarter of the proceeds from their all-night 'Sport-a-thon' to NoW this year because they feel so strongly about dealing positively with issues associated with health and wellbeing.

I strongly commend this Charity and the work they do in the local community to you.

Yours faithfully,

Phil Gaiter
Rector