



Craigmount
High School
aim high • adapt • succeed

Wellbeing of a Senior Pupil

 awareness  drive  aspiration  purpose  trust



Craigmount High School

True or False

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- Children with better health and wellbeing are likely to achieve better academically.
- Effective social and emotional competencies are associated with greater health and wellbeing.
- A positive association exists between academic attainment and physical activity levels of pupils.
- Positive mental health reduces risky behaviours, increases earning potential and improves better resilience for life.



Craigmount High School

aim high • adapt • succeed

- Children with better health and well-being achieve better academically.
- Effective social and emotional skills are associated with greater health and well-being.
- A positive association exists between physical activity levels and academic attainment and mental health.
- Positive mental health and well-being behaviours, increases earning potential and quality of life.

TRUE

Where are we currently

- None of our senior phase pupils have sat official SQA exams, due to Covid.
- SQA's current stance;

Five things you need to know for 2022

- 1 The current plan is for exams to take place in 2022.
- 2 SQA has already made changes to your course assessments for 2021-22 that take account of the current levels of disruption to your learning. If there is more national disruption to learning and teaching this year, we may provide information to help you revise for your exams.
- 3 If, because of public health restrictions, the Scottish Government decides to cancel the 2022 exams, your teachers or lecturers will decide a provisional result for each of your subjects.
- 4 Your provisional result would be based on your assessment work during the year, so you should not be asked to sit any additional assessments to determine your provisional result.
- 5 Help is available if you need additional support. Speak to your teachers or lecturers for more information about these arrangements.

Without positive wellbeing.....

- Lack of sleep

- L

The likelihood is that you will all witness some of these signs in your young people. It is when it becomes more and more of this list being noticeable in your child, that exam stress and poor wellbeing can be identifiable – and is even more likely in the run up to stressful life events such as, exams.

- Not enjoying/doing activities they previously enjoyed

- Being negative and having a pessimistic outlook

- Feeling short of breath/breathing fast

What is important?

- We know and in most cases, the young people know what support positive wellbeing, especially when it comes to assessments and exams;

Self care

- Eat well
 - Drink lots of water
 - Get enough sleep
 - Find activities to help relax

Being resilient

- Focussing on what opportunities are coming rather than previous results
 - Using feedback and support/advice from teachers to look at how to improve
 - Using the next FA window to work on the areas of development

Getting organised

- Schedule time to work and schedule time to unwind and socialise
 - Break down work/revision into manageable chunks – have a plan
 - Incorporating supported study into a study plan

What is important?

- We know and in most cases, the young people find it difficult to support positive wellbeing, especially when it comes to...; ...

Self care

- Eat well
 - Drink lots of water
 - Get enough sleep
 - Find activities to relax

What they find difficult, is putting this into practise.....can you as a parent support them?

Being organised

- Come to work and schedule your time to unwind and socialise
- Break down work/revision into manageable chunks – have a plan
 - Incorporating supported study into a study plan

...opportunities are... previous results

...back and.../advice from teachers to... at how to improve

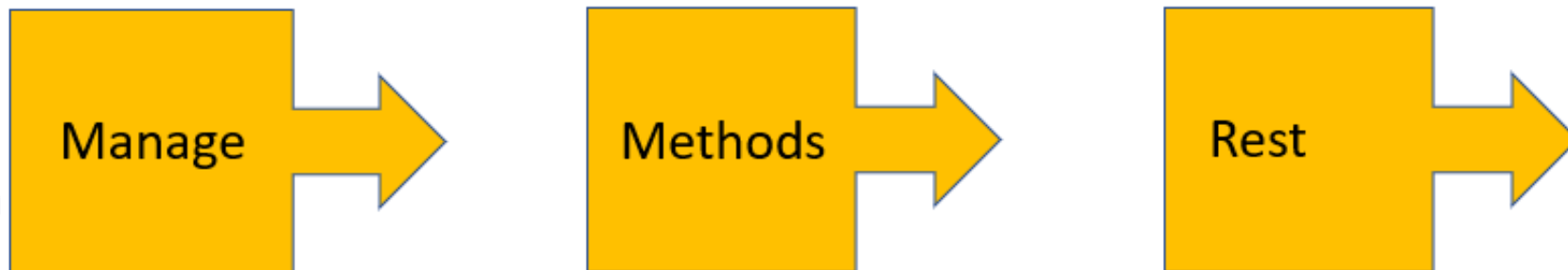
- Using the next FA window to work on the areas of development

Planned study = sense of achievement = success

- Using study plans fosters self-discipline and accountability. It prevents procrastination and helps you develop better study habits, which usually translate to better grades.
- One way of doing this is the 6 steps to study;



Successful Studying



6 Study Steps

Where they are studying – is it conducive to study, does it suit to be the same place? You might have a zone which is for study.

Conditions

Break subjects down into manageable pieces, allow for sense of achievement, also manage time specifically.

Manage

What are you studying – subjects, modules, maps?

Methods

The likelihood is your child won't want to discuss much with you, if though you can support in a few of these areas, they may find it more manageable and feel they can cope better.

Planning what you are going to do, make a plan for the week – in Ensure visible on

Plan

Rest – dependent on your study skills you should aim to do between 30 mins – 1 hour sessions then break/rest/do something for yourself.

Rest

6 Study Steps



Where they are studying – is it conducive to study, does it suit to be the same place? You might have a zone which is for study.

Conditions

What are you studying – prioritise subjects (least to most confident), what are you using to study? Are you using teacher feedback?

Review

Planning what you are going to do, make a plan for the whole week – in advance. Ensure breaks are visible on the plan.

Plan

Break subjects down into manageable pieces, allow for sense of achievement, also manage time specifically.

Manage

What methods of study are you going to use – note taking, post – its, voice recordings, anagrams, past papers, mind maps?

Methods

Rest – dependent on your study skills you should aim to do between 30 mins – 1 hour sessions then break/rest/do something for yourself.

Rest



How to support their wellbeing

REMEMBER - it's not about you

It is important to remember that your child's performance in exams is not about you. It does not reflect on you in any way. If they choose not to work, that is their choice, not yours. (Well, maybe it's yours too, but not in quite the same way).

One of the key jobs as parents is to help children to develop their own intrinsic motivation. This means the capacity to want to do things because they are worth doing, and not because someone else is standing over them telling them that they must.

- Have you had a discussion about what they want to do in the future, what qualifications or experiences do they need, what pathways can they follow to get there, if they are not sure what options do they want to be available to them in the future? Having such discussions and supporting them in their choices, helps to work backwards and instils some self/intrinsic motivation for them to reach their desirable outcome.
- Covering the basics – supporting them to get enough sleep, reducing screen time, support their building of a study plan (ensuring breaks are on there), feed them a balanced diet and celebrate achievements, recognising their commitment, allowing each day to be a fresh start and sharing consistent messages/signposting as school.

How to support their wellbeing

REMEMBER - it's not about you

It is important to remember that your child's performance is not a reflection of you in any way. If they choose not to work, that is their choice (and not in quite the same way).

One of the key jobs as parents is to help your child develop the capacity to want to do things for themselves, rather than standing over them telling them what to do.

- Have you had a chance to discuss their experiences and options do they want to reach their desired goals?

- Covering the basics of building of a study plan, celebrating achievements, recognising consistent messages/signals from school.

It is not about you. It does not reflect on you. If they choose not to work, that is their choice (and not in quite the same way).

One of the key jobs as parents is to help your child develop the capacity to want to do things for themselves, rather than standing over them telling them what to do.

They are not sure what they want to do. They are not sure what they want to do. They are not sure what they want to do. They are not sure what they want to do.

Encourage good sleep, reducing screen time, support their diet (if you can there), feed them a balanced diet and celebrate their achievements, allowing each day to be a fresh start and sharing their experiences with them.

Check-out key information here;
Formal Assessment dates; [Assessment - Craigmount High School](#)
School Supported Study; [Study-Support-Timetable.pdf \(craigmounthighschool.co.uk\)](#)
SQA Exam dates; [Exam timetable 2022 - National Qualifications \(sqa.org.uk\)](#)

Consistent messages

- If at home and in school, alongside all the other areas where our pupils seek support, are giving consistent messages, we hope that some stick, and this will have a positive impact. Initially on their wellbeing, in times of stress and consequentially on their study/coping strategies for whatever may be causing this stress.
- If the young people are aware of what options they have, they feel more informed, it gives them more direction and boosts intrinsic motivation - [My World of Work |](#) can help with these conversations and knowledge for both parent/carer and pupil.

In school and signposting

- Focus across all curriculum areas to support preparations for Formal Assessments and SQA Exams.
- Focus in PSE curriculum with study skills and study opportunities to support preparation.
- Exam stress programme (trialled end of Jan/start of Feb) to be available for pupils.
- Supported study in school – subject specific support.

Signposting Support - Supporting your young person at assessment/exam time

- [BBC - Advice for parents whose children are sitting exams](#) – some useful short videos.
- [Exam Time & Exam Stress | Parents Guide To Support | YoungMinds](#) – some useful pointers.
- [Supporting Children Through Exams | SkillsYouNeed](#) – what a parent/carer can do to support the preparation for Formal Assessments/exams.
- [Exam stress - Family Lives](#) – online chat option.

Support for your child

Support for studying and study resources can be found here;

- [Studying tips and past papers - SQA](#)
- [Secondary Homework Help | Online subjects - BBC Bitesize](#)
- [You searched for exams - Reach](#)
- [Login \(hw.ac.uk\)](#)

Supporting mental wellbeing during this time is also crucial, support can be sought from the following;

- [Breathing Space](#)
- [Clear Your Head](#)
- [Samh](#)
- [Wakelet](#)
- [YoungMinds](#)
- [Young Scot](#)
- Available on TEAMS - Attached is also a **subject study plan** which allows you to plot each assessment date and also break each subject down into main revision areas and then bitesize targets to make things more manageable. There is also a **study timetable template**.
- There are lots of other versions online so have a good search to find one that suits your learning/study style, 11 different ideas/versions can be found here;
- [11 Free Study Plan Templates to Edit, Download, and Print \(developgoodhabits.com\)](#)