



Craigmount
High School
aim high • adapt • succeed

Balancing Wellbeing & Aspiration

 awareness  drive  aspiration  purpose  trust



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- 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 for life.

TRUE

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

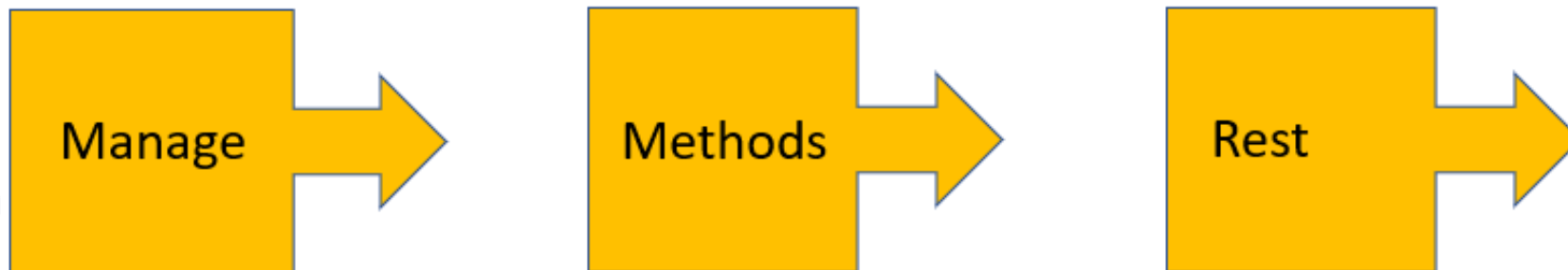
- Opportunities are available to discuss previous results
- Feedback and advice from teachers to look at how to improve
- Using the next assessment to work on the areas of development

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, topics, 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

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.



Craigmount High School Creating a Routine

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- Wellness Journal
- Used daily intentions to start new habits
- Commit to a time and location
- Adds accountability
- One habit leads into another

- *“I will get up at 5:45am and be at the gym for 6:30am to do...”*

Date / /

Intentions for the day

How many hours sleep did I get? (circle) 0 1 2 3 4 5 6 7 8 9 10 or more

What activities/self-care am I going to do today to look after myself?

Complete these sections before bed

What went well today?

What am I grateful for?

How many bottles of water did I drink today (circle) 0 1 2 3 4 5 6 7 8 9 10 or more

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 \(developgoodhabits.com\)](#)