



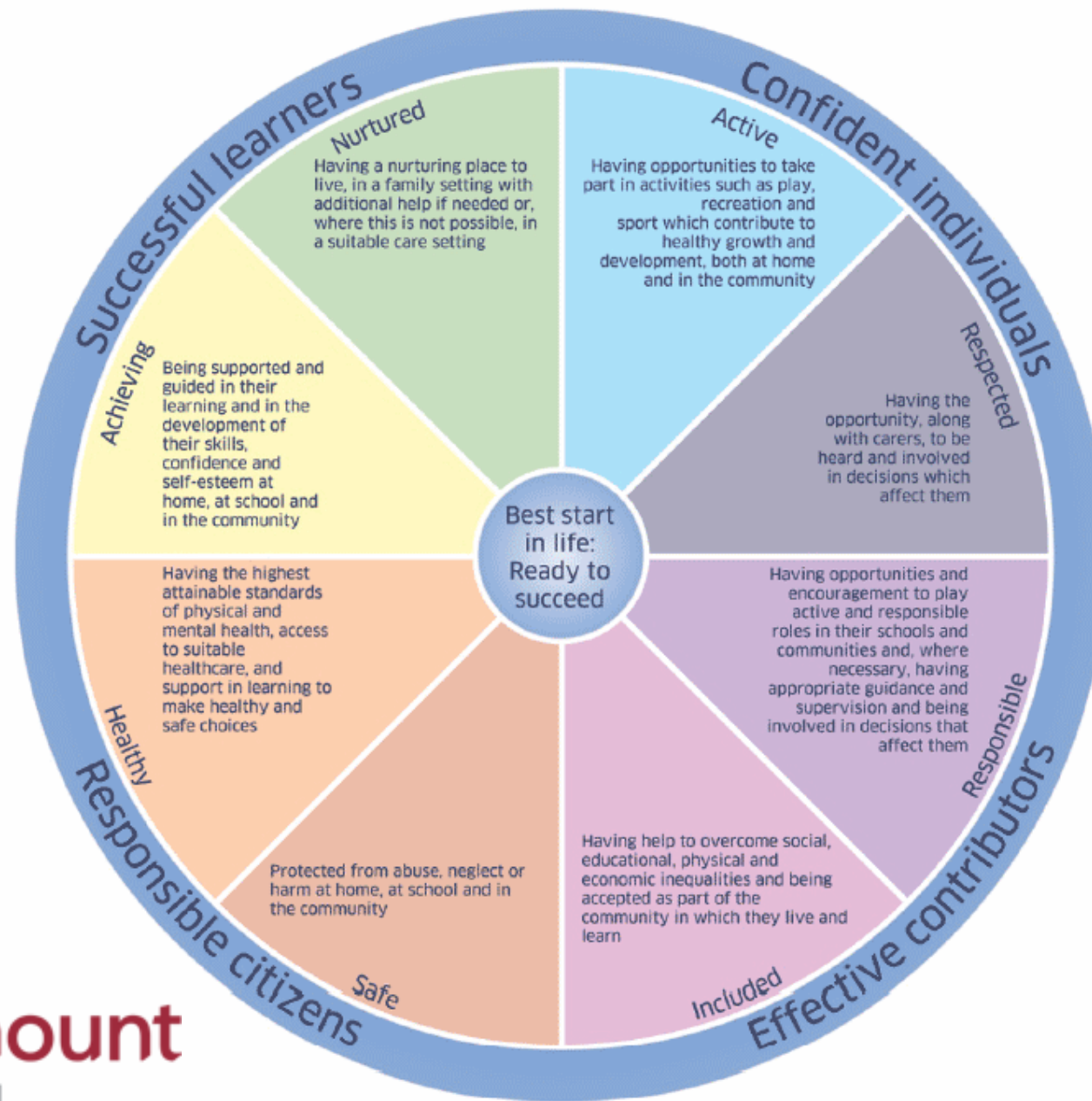
Craigmount

High School

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Wellbeing V's Aspiration

 awareness  drive  aspiration  purpose  trust



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S2 - S3 - Course Options



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Explore the S2 - S3 course options by clicking on each of the 6 sections. Choose a subject from each of the 6 sections. Click on each course to find out more information.

Languages

with a focus on:

Expressive Art

with a focus on:

Science

with a focus on:

Social Subjects

with a focus on:

Technologies

with a focus on:

Additional Choice



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Accounting

Administration & IT

Art & Design

Biology

Business Enterprise

Business Management

Classical Studies

Chemistry

Computing Science

Dance

Design, Engineer, Construct

Drama

Engineering Science

Food & Consumer Technology

French

Geography

German

Graphic Communication

History

Media Studies

Modern Studies

Music

Music Technology

Philosophy & Moral Studies

Photography

Physical Education

Physics

Practical Woodwork

Spanish

Sport & Fitness

Pathways



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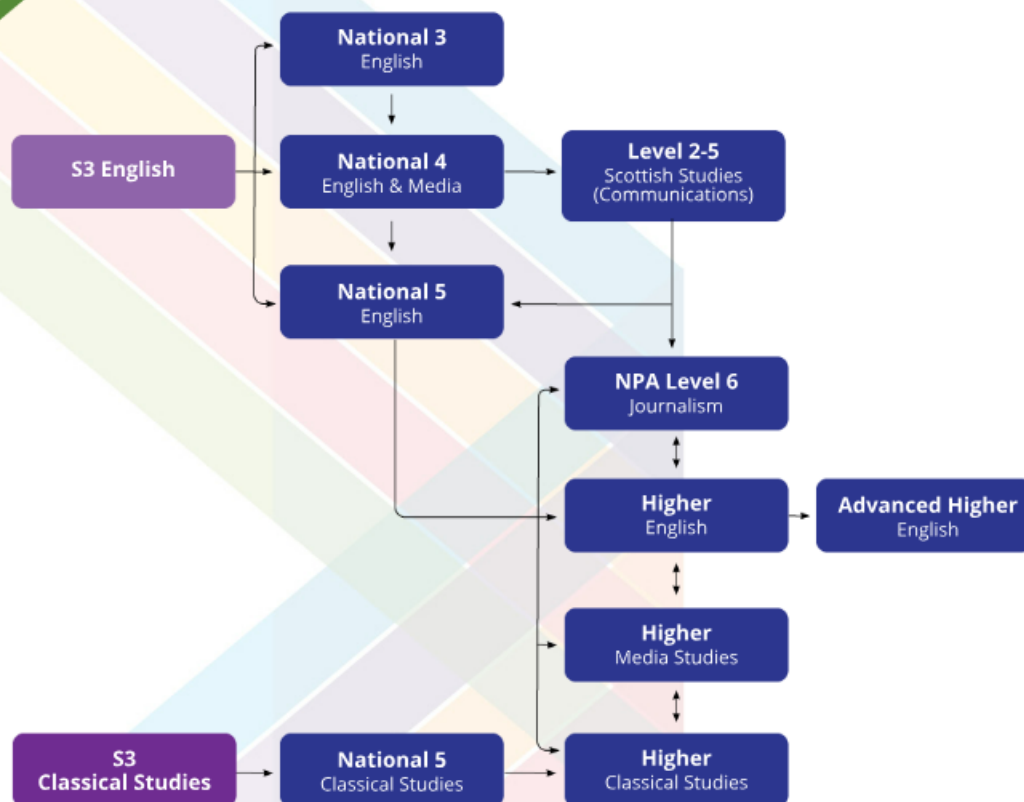
Senior Phase - English Pathway



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Explore the Senior Phase pathway in English by clicking on a course to find out more information.

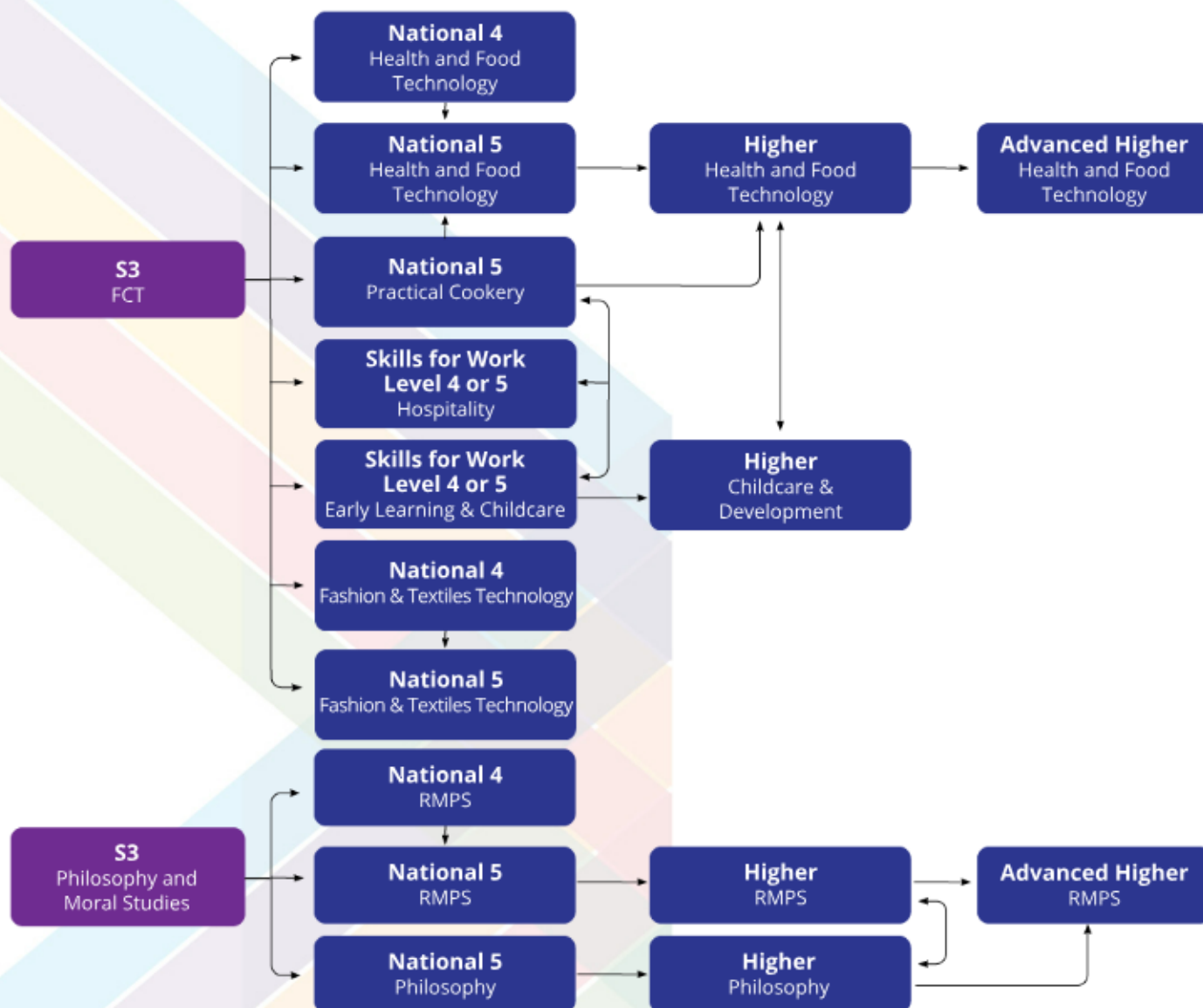


awareness drive aspiration purpose trust



Senior Phase - FCT & RMPS Pathway

Explore the Senior Phase pathway in FCT & RMPS by clicking on a course to find out more information.



Other supports

Wellbeing
Hub

Exam Stress
Support

School
Counsellors

Youth Agency

Tree of
Knowledge

Humanutopia
& Heroes



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wysa
NHS approved

Building Emotional & Mental Resilience Skills with Wysa

Wysa is a clinically safe mental health support app that helps users build emotional resilience skills and offers immediate support at any time of day or night.

Talking to Wysa can help users navigate difficult emotions and give them the confidence to reach out for help when they are ready.

Wysa Premium usually costs £69.99 per year but is **FREE** for 12-18 year old pupils at Craigmount High School, Edinburgh.

Wysa is offered to students as part of a research study commissioned by NHS Scotland, approved by City of Edinburgh Council.

NHS SCOTLAND

Award Medals:
• Best of Privacy by Mozilla Foundation 2022
• Winner of Youth Mental Health Challenge 2022
• World Economic Forum

How can Wysa help?

Wysa gives teenagers someone outside of their circle to talk to, any time, any place. It can help with:

- Anxiety
- Stress
- Loneliness
- Self-Confidence
- Relationship troubles
- And more!

Is Wysa safe?

All of the content within the Wysa app is reviewed and approved by qualified psychologists. In fact, every response Wysa gives has been written under the guidance of a qualified therapist. Clinical validation, safety, and research are key to our approach to offering mental health support.



A safe space
with Wysa



Self-help
content library



24x7 mental
health support

www.wysa.com

What does Wysa Premium include?

Courtesy of NHS Scotland, teenagers can access the full Wysa Premium on-demand self-help tool packs of 150+ exercises, from mindfulness to clinical validated CBT tools for depression and anxiety support. Wysa's AI chatbot guides users towards the right self-help exercises at the right time.

Privacy

Wysa is not a social media platform and users cannot message each other. No one will see what is shared with Wysa, as it's completely anonymous. No email or sign-up is required in the app. All you need to do is open the app, enter a nickname and you're ready to get started!

What happens in case of emergency?

Wysa has built-in crisis support that gives SOS advice on how to get urgent help from local emergency mental health services in the case of an emergency. This feature also takes users through a grounding exercise to calm during panic.



Secure



Anonymous



Private

Parent/Carer Supports




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Promoting Positive Wellbeing and Ethos

Promoting and supporting positive wellbeing and ethos within the Craigmount High School community is an integral part of our day-to-day practice. As a school community we endeavour to support all who are part of it, through promoting positive wellbeing, how to achieve it, how to seek further support and how to work together to encourage and foster an ethos of care and support for mental and emotional health and wellbeing.

This page is updated regularly with relevant information, signposting, events and 'goings on' in the school which promote positive wellbeing. Our first few resources give insight to the school's current protocols, signposting to support our young people and parents/carers and a techniques booklet which we use regularly to encourage different strategies to support positive wellbeing.

Click the boxes for further information.




What we and you can do



Information about in-school procedures and some top tips for supporting positive wellbeing at home.



Self Help Signposting



Packed with different apps, podcasts, websites and resources for pupils, parents/carers and staff all promoting and supporting positive wellbeing.



Positive Wellbeing Support Strategies



A range of different strategies that can be used by all to help aid positive wellbeing – we draw from these a lot when supporting the young people in school.

[Promoting Positive Wellbeing and Ethos – Craigmount High School](#)