



Craigmount

High School

aim high · adapt · succeed

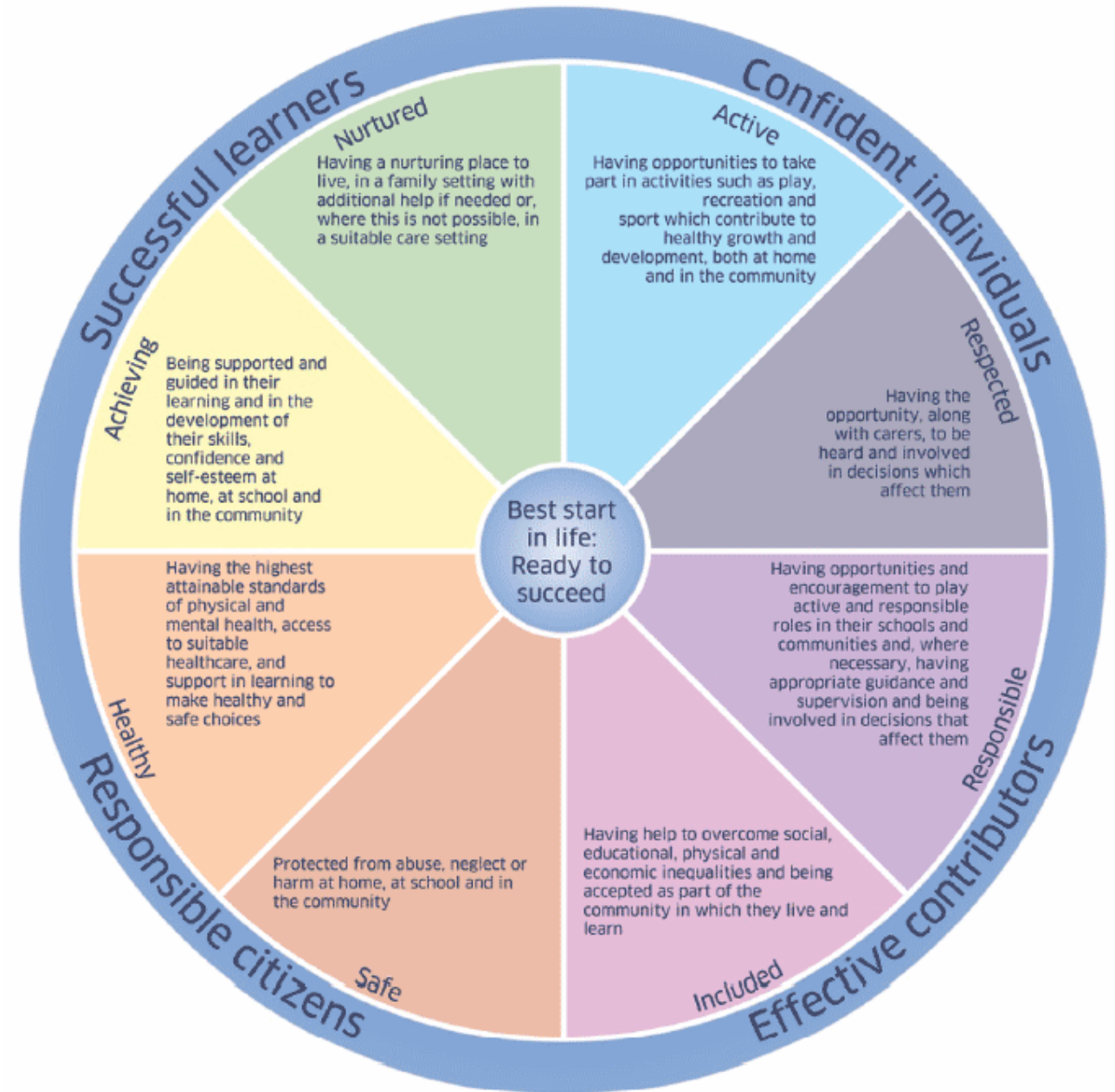
Supporting your Child's Wellbeing

 awareness  drive  aspiration  purpose  trust

In our classrooms

Why is health and wellbeing important in schools Scotland?

Learning in health and wellbeing ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.



Knowing our pupils

Mental Health First Aiders

PSE

Pupil Action Group for Mental Health

What do we do?








OUR MAIN GOAL IS TO SPREAD **AWARENESS OF MENTAL HEALTH** AND BREAK THE STIGMA AROUND TALKING ABOUT IT WITH OTHERS.



WE MEET DURING **TUTOR** TO PLAN OUR NEXT STEPS AND AGREE ON OUR GOALS AND AIMS.



OUR SHORT-TIME GOAL IS TO ORGANISE A **WELLBEING FESTIVAL** HELD AT THE SCHOOL INCLUDING WORKSHOPS FROM EXTERNAL PARTNERS.

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Mental Health First Aiders

Looking to training PAG pupils as well as our 16 staff

5 Strategies for Mental Health

5-4-3-2-1 technique
3-3-3 rule technique
Doodling for stress relief
Music relief
Box breathing technique

Increase Awareness of Mental Health

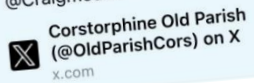
Pupil led safe space
Mental Health Festival (October)

Wellbeing Wednesday

Other supports



First Toastie Thursday if the new term and we were delighted to be visited by Sally the Moderator of the General Assembly of the Church of Scotland. Welcome Sally!
@churchmoderator @churchscotland
@CraigmountHS



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Wellbeing
Hub

Exam Stress
Support

School
Counsellors

Youth Agency

Tree of
Knowledge

Humanutopia
& Heroes



Wysa is an AI wellbeing coach that gives young people a safe, non-judgmental space where they can talk about anything and everything that's bothering them, 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.



Real-world data shows that support is most needed **outside of core school hours** and shows that the majority of 13-17-year-olds would **choose to speak to a mental health app** over their teachers (78%) or their doctor (60%).

Wysa's clinically validated mental health app provides:

- ✓ Anonymous, **stigma-free** conversation
- ✓ **AI-guided support** with 150+ tools to help build resilience
- ✓ Assessments to measure and **manage risk**
- ✓ **SOS** and **Digital Referral** pathway



Is Wysa private?

Wysa is not a social media platform and users cannot message each other. No one will see what is shared with Wysa, and it's completely anonymous.

Once they have downloaded the app, all they need to do is open it and enter a nickname to get started!

No email or sign-up is required within the app and their school won't know they are using Wysa.

How is their data used?

No one outside of Wysa will ever have access to their conversations. Wysa will use the anonymous data gathered, such as how often programmes within Wysa are used to provide feedback.

This will not include any information about who is using it.

Is Wysa safe?

Wysa's words have been written under the guidance of a qualified therapist. Clinical validation, safety, and research are key to our approach.

Who will have access to their conversations?

All day to day conversations with Wysa are completely confidential and no one will have access to them

How does Wysa differ to ChatGPT?

ChatGPT uses open AI and has not been designed specifically for use in mental health. Wysa's AI is closed, with all responses written and created by psychologists and mental health professionals.



Secure



Anonymous



Private



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Scottish Government
Riaghaltas na h-Alba

Parent/Carer Supports




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.