



Craigmount

High School

aim high · adapt · succeed

Craigs Road, Edinburgh, EH12 8NN

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Head Teacher: Mr Colin Meikle

Dear Parents and Carers,

We are delighted to invite you and your children to attend the **Wellbeing Festival** at Craigmount High School on **Wednesday, 30 October 2024**, from **6:00 to 8:00 pm**. This event has been organised by our Mental Health Pupil Action Group (PAG) and is a great opportunity to learn more about how we can support the mental health and wellbeing of young people in our community.

The festival will feature stands run by various organisations that specialise in mental health and wellbeing. You'll have the chance to speak directly with these groups, gain valuable insights, and gather useful resources. These organisations include:

- **Active Schools/SAMH** – Discover the links between sports, exercise, and mental health with practical tools and leaflets from SAMH.
- **Canine Concern (Thera pet)** – Meet therapy dogs and learn about how pets can support mental health.
- **Change Mental Health** – Information and resources for mental health support, including workshops and answering questions.
- **Edinburgh Napier University (Health and Social Care)** – Explore further study options in mental health nursing and support services.
- **Health in Mind** – Learn about mental health and how to support wellbeing with interactive resources such as the 'Five Ways to Wellbeing.'
- **Multi-cultural Family Base** – wellbeing of the young minority ethnic people.
- **Penumbra** – Providing information and resources for students on wellbeing (service for ages 16+).
- **Samaritans** – A stand with volunteers offering advice and resources for emotional wellbeing.
- **Wester Hailes Youth Agency** – Information on available services to support mental health and wellbeing.
- **WYSA** – Information on the WYSA app to support young people's wellbeing.
- **Yoga Instructor** – Learn about how yoga and breathing techniques can improve mental health and wellbeing.

We will also host two talks during the event:

- **Samaritans Talk** – A 30-minute session aimed at those aged 14 and above, focusing on how to manage emotional wellbeing.
- **Change Mental Health Workshop** – A 30-minute session on 'Your Resilience Programme,' which covers anxiety, exam stress, social pressures, and more.



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In addition, there will be **two mindfulness meditation sessions** offered to both parents and children. Spaces are limited, so these sessions will operate on a first-come, first-served basis.

All activities are **free of charge**.

There will be food and hot drinks available for purchase.

This festival is a fantastic opportunity to explore resources, strategies, and tools that can support your child's mental health and wellbeing. We strongly encourage you to come along and join us for an evening of learning and support.

We look forward to seeing you there!

Yours sincerely

Mrs. Rezende
Teacher of Science and Biology
Mental Health PAG Leader
Craigmount High School