



Craigmount
High School
aim high · adapt · succeed

Wellbeing Vs Aspiration

 awareness  drive  aspiration  purpose  trust

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

<https://craigmounthighschool.co.uk/>



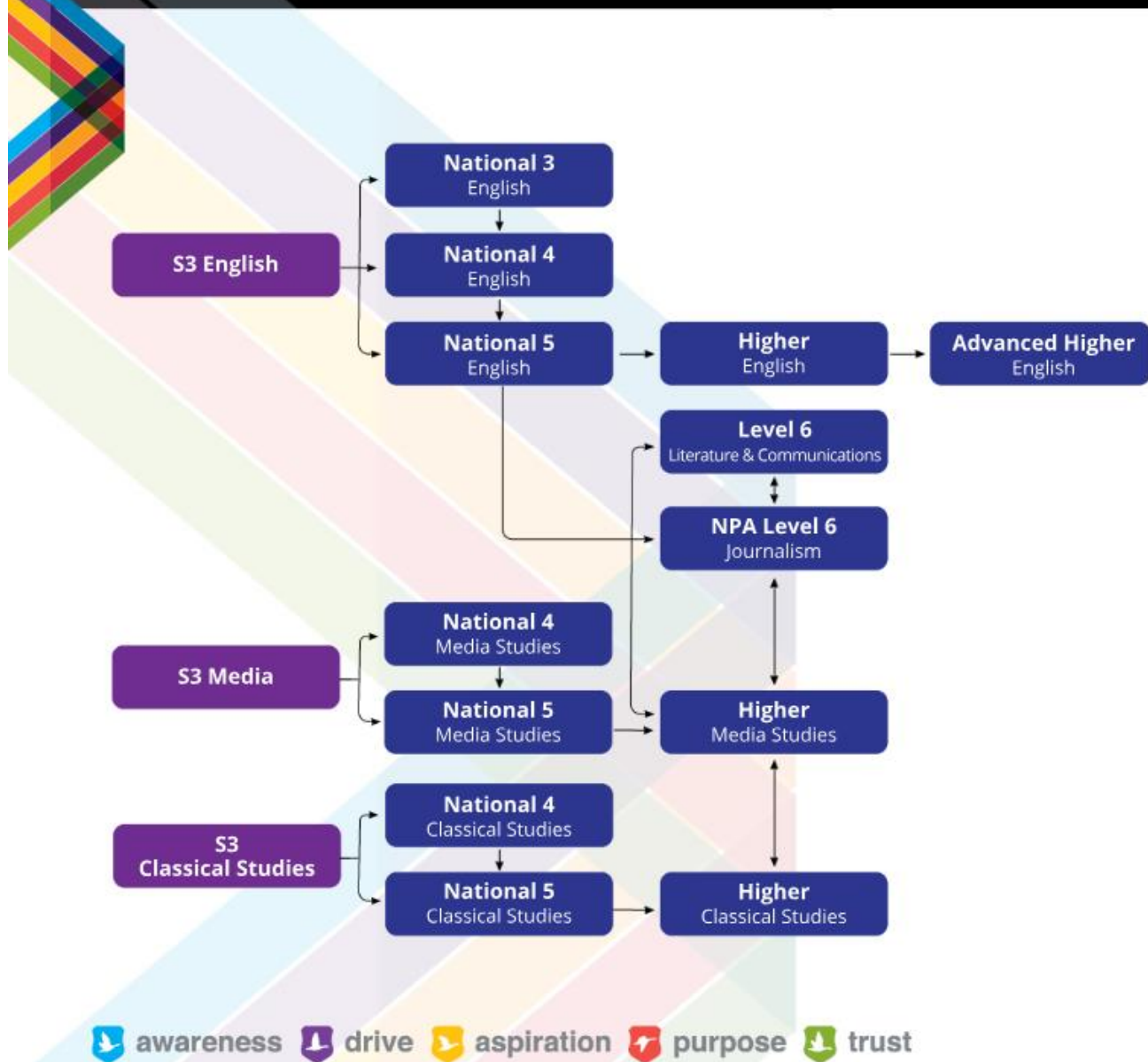
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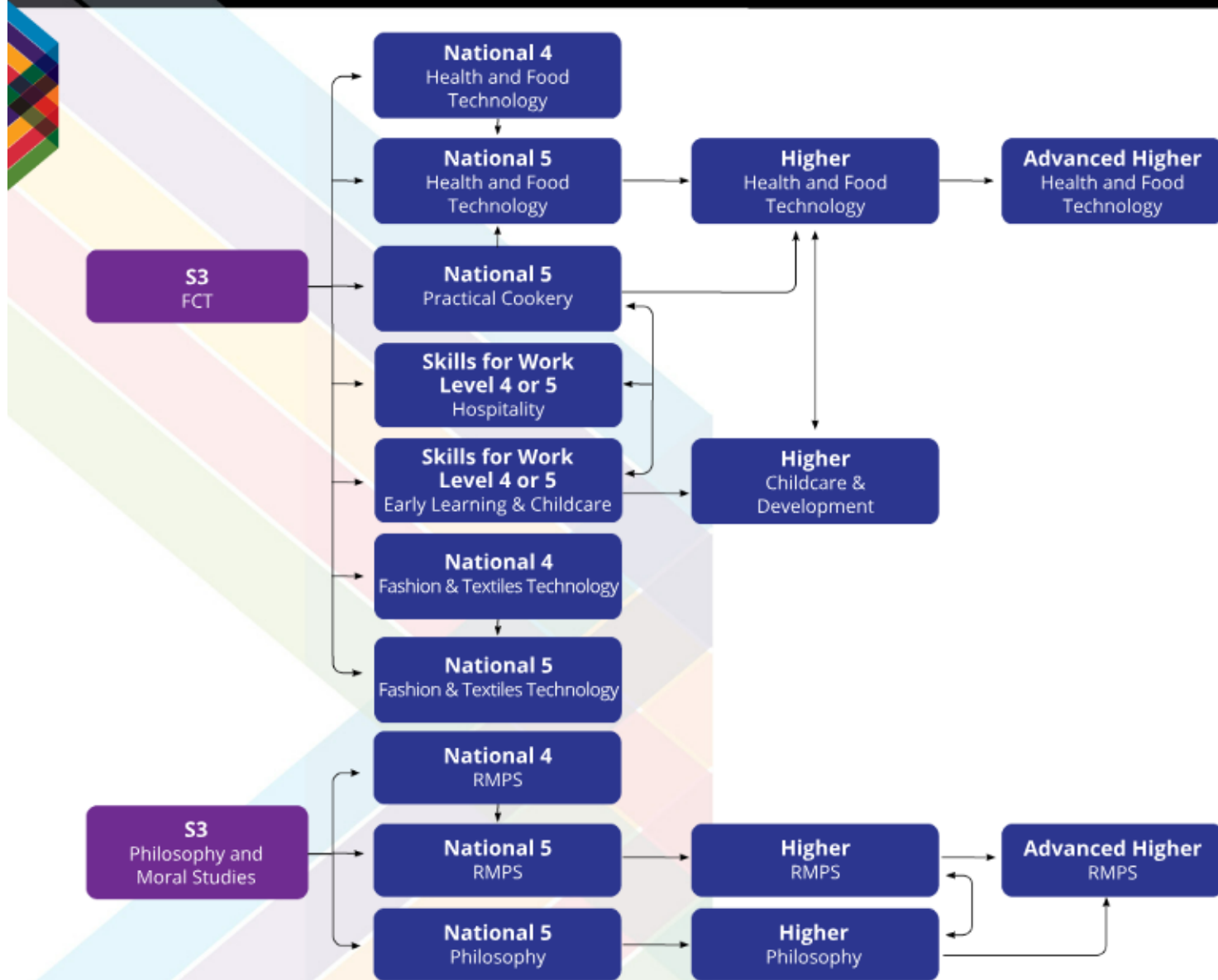
Senior Phase - English Pathway

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



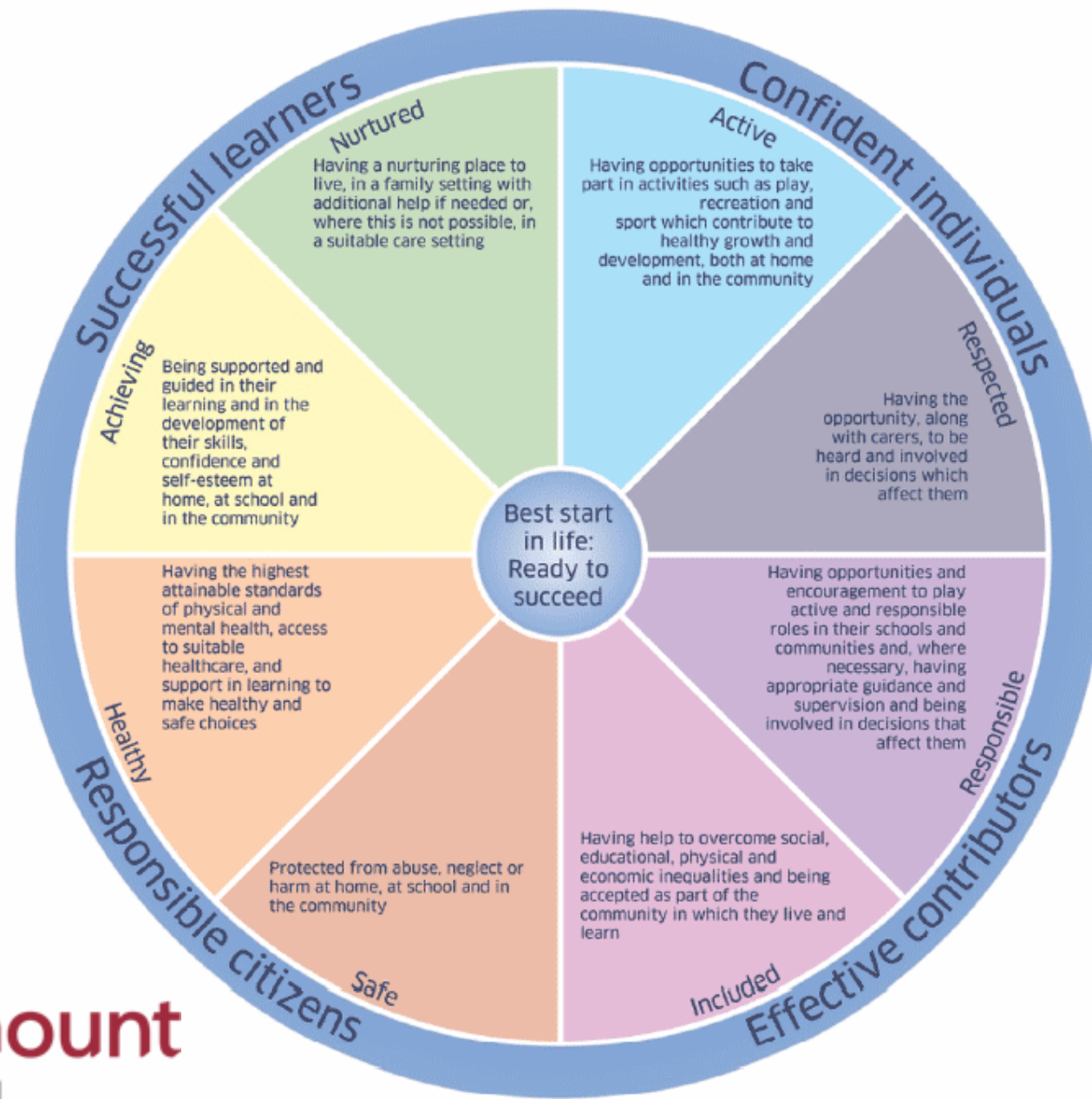
Senior Phase - FCT & RMPS Pathway

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



Homework Support

- How – Planning homework on a weekly basis and doing this with your child – builds accountability and connects you to your child's learning. This can be done, primarily, through TEAMs and Class Notebook



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Here at Craigmount

Universal;

- PSE curriculum – Young Minds Matter
- Extra-curricular on sway
- Mental Health first aiders (staff)
- Mental Health Ambassadors (pupils)
- Tutor teacher – first point of contact
- Year Team support – PSL, PSL link and Depute Head
- Pupil Action Groups – LGBT, Equalities, Year Group Ambassadors



How could you identify poor wellbeing?

- Lack of sleep
- Lack of focus
- Lack of positive relationships
- Increased worries – nail biting, grinding teeth, skin picking
- Increased pressure – internal and external
- Social media/phone use increasing
- Isolation
- Lack of aspiration – feeling hopeless about the future
- Feeling/looking tense
- Having headaches and/or stomach pains
- Being easily irritable
- Loss of interest in food or eating a lot more (comfort/stress eating)
- Not enjoying/doing activities they previously did
- Being negative and having a low mood
- Feeling short of breath/breathing fast

The Facts

- 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.

Other supports

Wellbeing
Hub

Exam Stress
Support

School
Counsellors

Youth Agency

Tree of
Knowledge

Humanutopia
& Heroes



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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



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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.

Best of Privacy by Mozilla Foundation 2022
World Economic Forum Winner of Youth Mental Health Challenge 2022

NHS SCOTLAND

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

Support for your child

- Useful Websites/resources

[Breathing Space](#)

[Clear Your Head](#) [YoungMinds](#)

[Samh](#)

[Wakelet](#)

[Young Scot](#)

[CALM](#)



- Parent and carer courses which are run by Edinburgh Council;

Triple P – Positive parenting programme



Raising Teens with confidence



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.