



Craigmount
High School
aim high • adapt • succeed

Wellbeing of a Senior Pupil

 awareness  drive  aspiration  purpose  trust



Where are we currently

High School

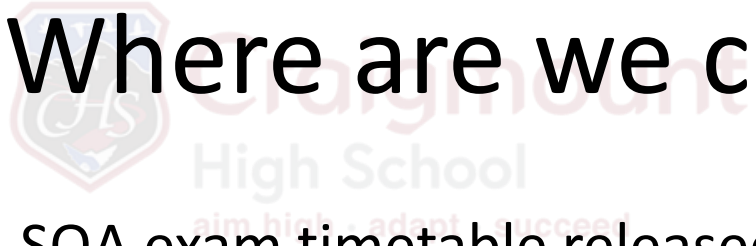
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- Formal assessments have been completed with results (primarily) shared.
- S4 Tracking reports issued 22 January, S4 Parents consultation 23 January
- Humanutopia held in October for all S4 students
- Tree of Knowledge held in January for all S5 Students
- Study skills block 1 completed in PSE (S4)
- Study skills block 2 completed in PSE (S5/6)
- Exam stress and stress management groups to be ran in the school prior to May 2025.

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- Supported study

Where are we currently



- SQA exam timetable released - start Monday 28 April 2025

National 5/Nàiseanta 5

Subject	Date
Accounting	Monday 22 April
Administration and IT	Wednesday 01 May
Applications of Mathematics	Monday 13 May
Art and Design	Tuesday 28 May
Biology	Wednesday 15 May
Business Management	Thursday 02 May
Cantonese	Monday 29 April
Care	Thursday 02 May
Chemistry	Thursday 23 May
Classical Studies	Monday 20 May
Computing Science	Monday 20 May
Cruinn-eòlas (Geography)	Tuesday 23 April
Dance	Friday 10 May
Design and Manufacture	Wednesday 01 May
Drama	Friday 03 May
Eachdraidh (History)	Tuesday 21 May
Economics	Wednesday 29 May
Engineering Science	Friday 17 May
English	Tuesday 07 May
English for Speakers of Other Languages	Friday 24 May
Environmental Science	Friday 26 April
Fashion and Textile Technology	Wednesday 22 May





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- Sign up to get results by text etc
- Useful apps



We try to create a challenging and demanding yet supportive environment. We do this by ensuring:

- Young people are aware of deadlines.
- Young people know who to go to for support.
- Young people take responsibility for their own learning by interacting with staff
- That staff do not constantly put pressure on young people relating to exams and assessments.



SQA Qualifications in the Scottish Credit and Qualifications Framework



scottish credit and
qualifications framework

SCQF
Levels

SCQF
Levels

12

Doctorate*

12

11

Masters*

SVQ 5

11

10

Honours Degree*

Professional
Development
Awards

10

9

Ordinary Degree*

SVQ 4

9

8

Higher National Diploma

8

7

Advanced Higher
Scottish Baccalaureates

Higher National Certificate

SVQ 3

7

6

Higher
Skills for Work Higher

Awards

SVQ 2

6

5

National 5 /
Skills for Work National 5

National
Progression
Awards/
National
Certificates

SVQ 1

5

4

National 4 /
Skills for Work National 4

4

3

National 3 /
Skills for Work National 3

3

2

National 2

2

1

National 1

1

*Benchmark qualifications of higher education institutions



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Dictionary

Definitions from [Oxford Languages](#) · [Learn more](#)



well-being

/ˌwelˈbiːɪŋ/

noun

noun: wellbeing

the state of being comfortable, healthy, or happy.

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Craigmount High School How could you identify poor wellbeing?

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- 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

- 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.

What is important?



Self care

- Eat well
 - Drink lots of water
 - Get enough sleep
 - Find activities to help relax

organisation

- Schedule time 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

resilience

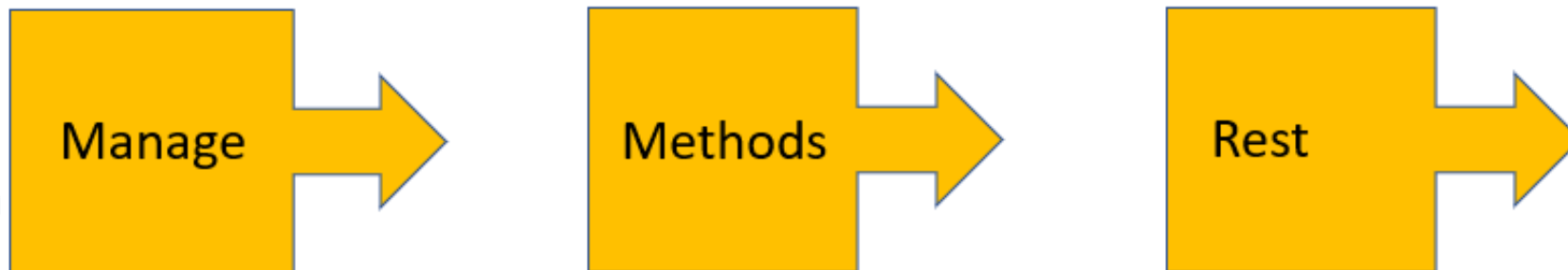
- Focussing on what opportunities are coming rather than previous results
 - Using feedback and support/advice from teachers to look at how to improve.

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

What are you studying – prioritise subjects (least to most confident), what are you using to study? Are you using teacher feedback?

Review

Planning what you are going to do, make a plan for the whole week – in advance. Ensure breaks are visible on the plan.

Plan

Break subjects down into manageable pieces, allow for sense of achievement, also manage time specifically.

Manage

What methods of study are you going to use – note taking, post – its, voice recordings, anagrams, past papers, mind maps?

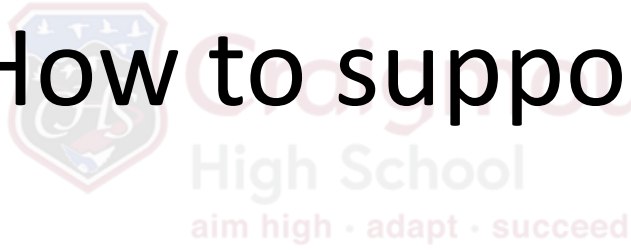
Methods

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



How to support their wellbeing



Craigmount pathway planning



My world of work



UCAS



Edinburgh college



In school and signposting

- Focus across all curriculum areas to support preparations for ongoing assessments and SQA Exams.
- Focus in PSE curriculum with study skills and study opportunities to support preparation.
- Exam stress programme to be available for pupils – 3 different forums.
- Supported study in school – subject specific support.

Signposting Support - Supporting your young person at assessment/exam time

- [BBC - Advice for parents whose children are sitting exams](#) – some useful short videos.
- [Exam Time & Exam Stress | Parents Guide To Support | YoungMinds](#) – some useful pointers.
- [Supporting Children Through Exams | SkillsYouNeed](#) – what a parent/carer can do to support the preparation for Formal Assessments/exams.
- [Exam stress - Family Lives](#) – online chat option.



Support for your child



FOR OFFICIAL USE

N5 National Qualifications Specimen Only

SQ12/N5/01 Engineering Science

Date - Not Applicable
Duration - 1 hour and 30 minutes

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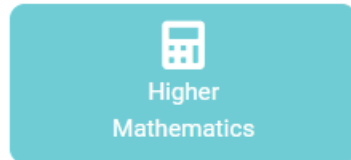
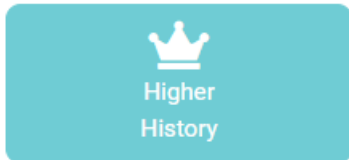
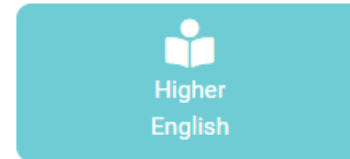
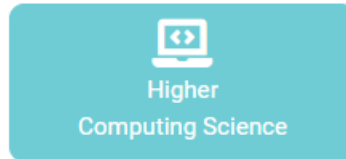
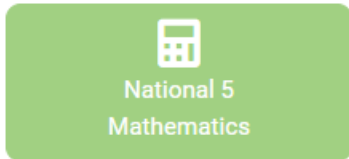
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Forename(s): _____

Date of birth: Day _____ Month _____



My Courses [Add Course +](#)



Support for your child



AI and the Wysa app

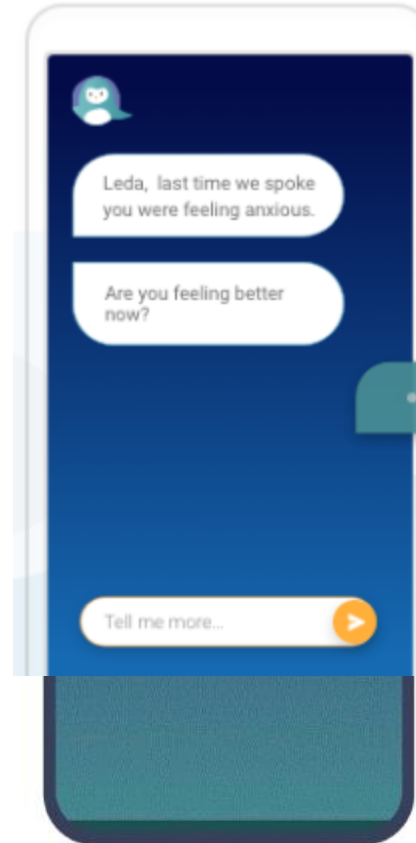
Improving prevention and early intervention

Wysa is a **clinically validated** mental health app which **uses closed AI** to provide an **effective early intervention**.

Wysa gives young people a **non-judgemental** space to **explore** their **emotions**, and the **language** and **skills** to **normalise** talking about mental health.

Wysa is **completely anonymous**, available on virtually any smartphone and provides **unlimited support 24 hours a day, 7 days a week**.

Instantly removes the **stigma** associated with **asking for support**, providing **clinically validated support** as the **first step of care**.



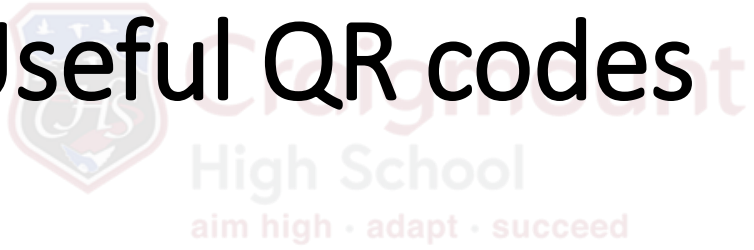
Listens without judgement



3

IOS Code: sypp2023

Useful QR codes



- Study timetables/apps – and a bit about them



- My World of Work – choice tool



- Mind – exam stress help 11-18 year olds



- How parents can support and a 1-1 chat option from parent coaches



- Shout – text and get some help – How it works?

