



**Craigmount**

High School

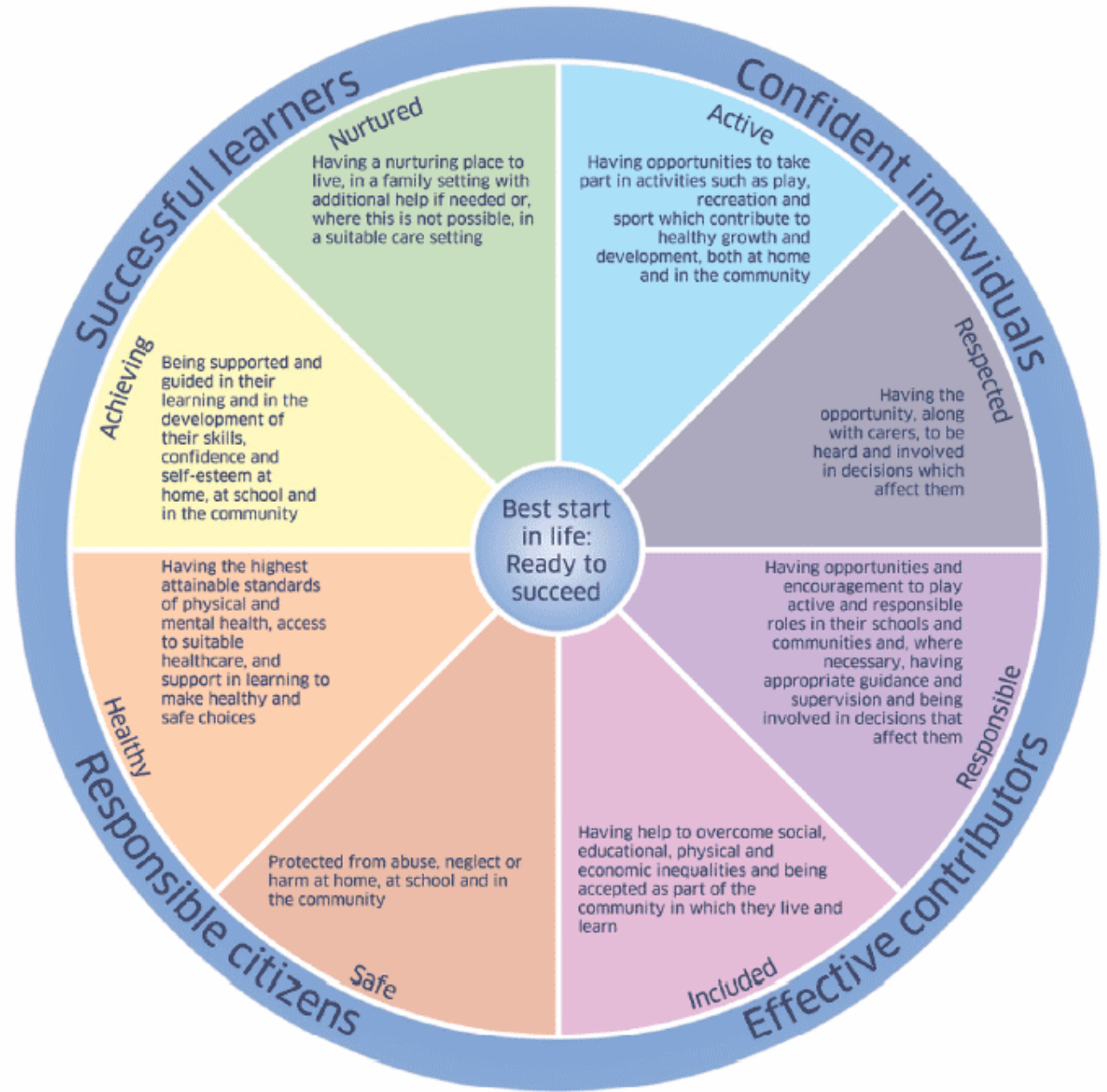
aim high • adapt • succeed

# Supporting your Child's Wellbeing

 awareness  drive  aspiration  purpose  trust

# 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.



# Pupil Support Structure 2025-26

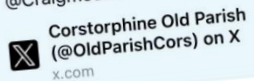


Arthur	S1	S2	S3	S4	S5	S6	Arthur
	Karen Coull (Year Head)	Scott Pye (Year Head)	Ali Clark (Year Head)	Mark Gair (Year Head)	Scott Pye (Year Head)	Ali Clark (Year Head)	
Braid	Kirstin Smart (Pupil Support Leader)	Mike Gray (Pupil Support Leader)	Amanda Woodhouse (Pupil Support Leader)	Gavin Ellis (Pupil Support Leader)	Rikki Breach (Pupil Support Leader)	Dave Sansom (Pupil Support Leader)	Braid
	Sophie Cowan Calvin Muttitt (Pupil Support Link)	Erin Notman Katie Reid (Pupil Support Link)	Johnny Gaughan Chris Speirs (Pupil Support Link)	Angus Galloway Holly Maxey-Anderson (Pupil Support Link)	Meredith Lynch (Pupil Support Link)	Vicky Lawson (Pupil Support Link)	
Calton	Angela Mulhern (Support for Learning)	Craig McLelland (Support for Learning)	Moira-Anne Jack (Support for Learning)	Angela Mulhern (Support for Learning)	Craig McLelland (Support for Learning)	Moira-Anne Jack (Support for Learning)	Calton
Pentland	<div> <div>Moira-Anne Jack (CL Support for Learning)</div> <div>Terry Gilliland (Care Experienced Lead)</div> <div>Louisa Lennen &amp; Lana Lennon (Young Carer Leads)</div> </div>						Pentland
Swanston	<div> <div>Laura Savage Judy Todd (CL Wellbeing Hub)</div> <div>Leah Artesoglou Judy Todd (CL ESB)</div> </div>						Swanston

# Other supports



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



Wellbeing Hub

Exam Stress  
Support

School  
Counsellors

Youth Agency

Tree of  
Knowledge

Learning  
Community  
Inclusion Service

# 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.

 awareness  drive  aspiration  purpose  trust



### 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



# 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](#)