



**Craigmount**

High School

aim high • adapt • succeed

# Wellbeing and Aspiration



awareness



drive



aspiration



purpose



trust

# Aims

- To share the supports for pupil wellbeing as they progress thorough the Senior Phase.









# Universal Supports for Wellbeing

**Year Team Support-** PSL, PS Link, SfL Lead and DHT Year Head.

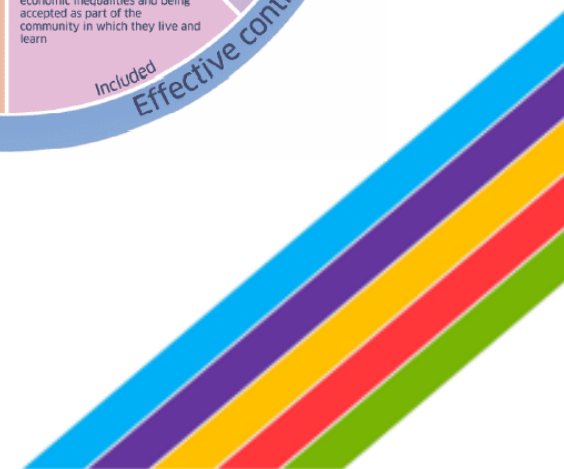
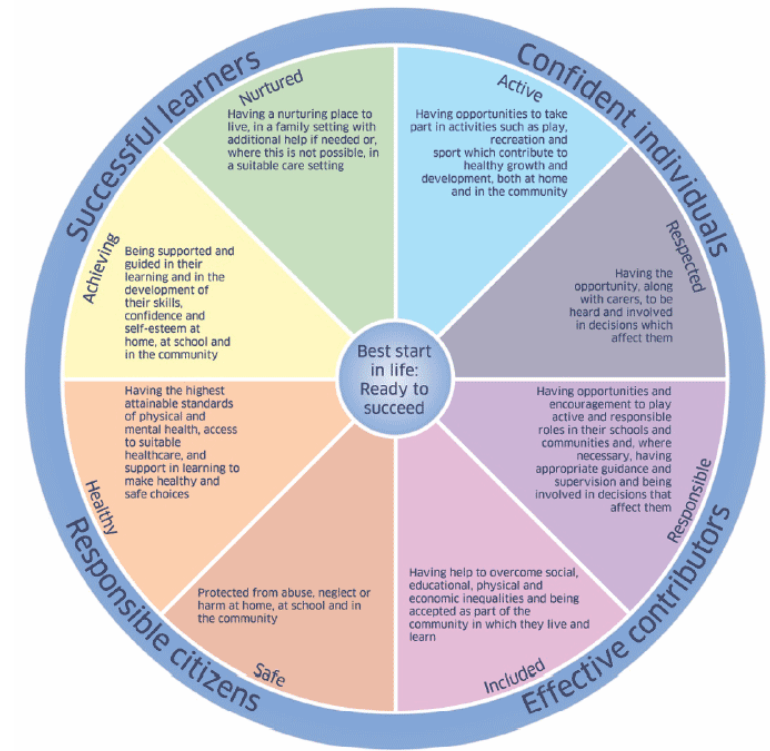
**PSE Curriculum-** Risk Taking, Mental Health Wellbeing Tracker, Study Skills

**Subjects-** Teams and Study Supports

**Curriculum-** NQs, NPAs, SfW

**Mental Health & Wellbeing-** Pupil Action Group and Mental Health First Aiders

**Wider Achievement & Extra-Curricular opportunities**



# Targeted Supports for Wellbeing

Wellbeing  
Hub

Study Skills  
Sessions

School  
Counsellors

Youth  
Agency

Tree of  
Knowledge

Outside  
Partners



We know that in most cases, the young people know what to do to support their own wellbeing.

### Self Care

- Eat well
- Drink lots of water
- Get enough sleep
- Find activities to do
- Daylight and outdoors

**What they find difficult, is putting this into practise.....can you as a parent support them?**

### Organisation

- Time to work and time to unwind
- Work/revision into chunks – have a plan
- Incorporating supported study into a study plan

# What does 'good' study look like?

- Copying out notes?
- Highlighting notes?
- Working for 4 hours straight?
- Doing past papers continuously?
- Going to Study Support class (and being passive)



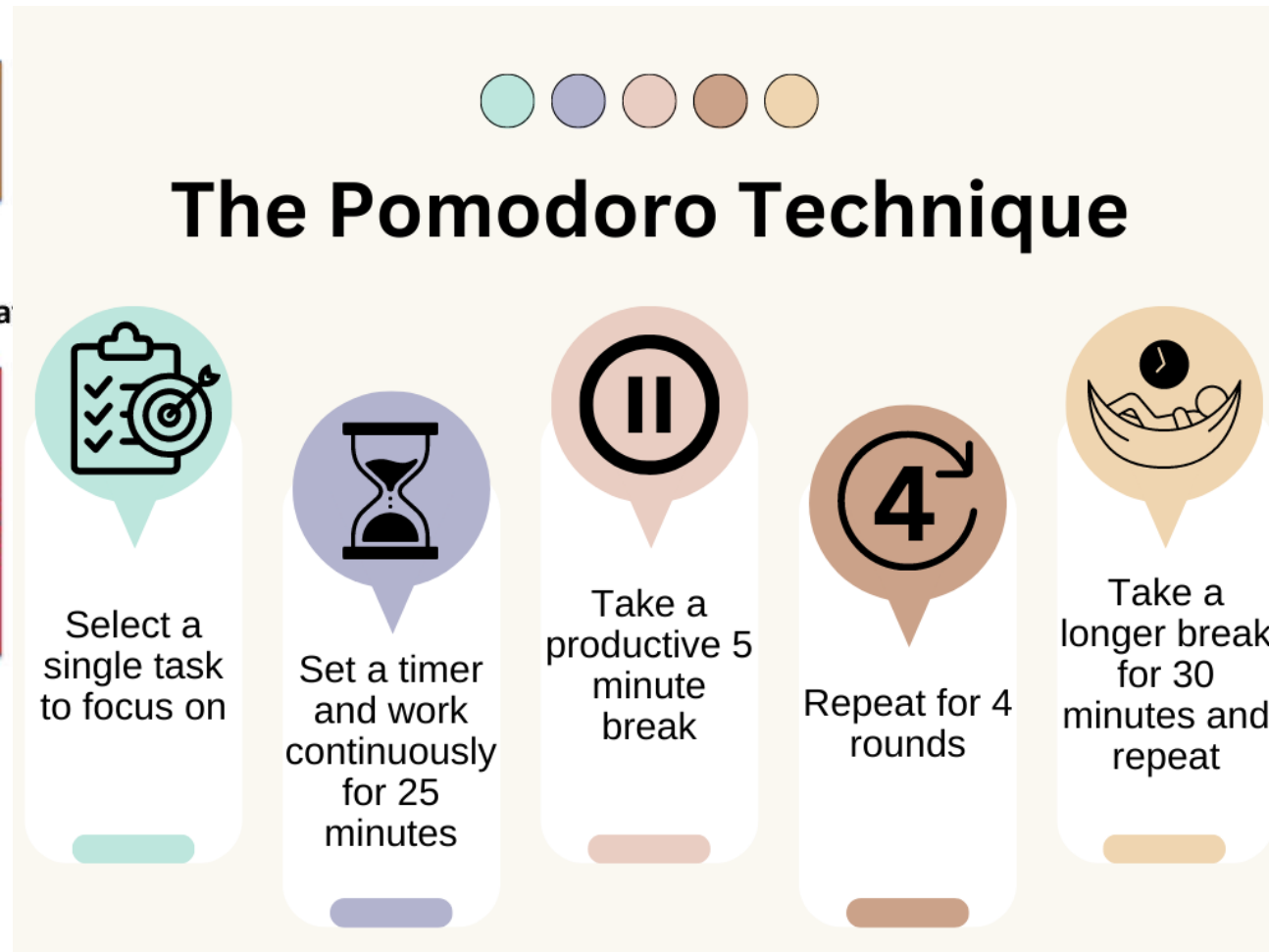
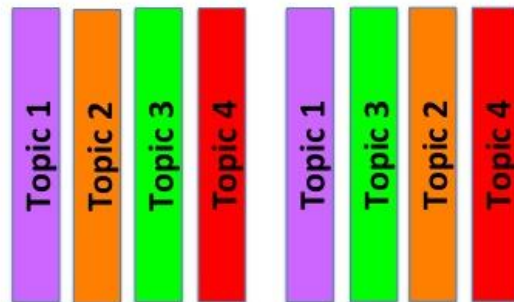


# What does 'good' study look like?

## Massed presentation



## Spaced and interleaved presentation



## System

If you answer a card incorrectly in any pile it moves back to pile 1 for you to go over again.



# How can I support my child?

Discussing school and the future with your child

[Option Choices tool | My World of Work](#) and [Curriculum Pathways – Craigmount High School](#)

Speaking to the Year Team/ Pupil Support Leader to seek advice.

Putting things in perspective and supporting the wider life experiences.



# How can I support my child?

## Useful Websites/resources

[Breathing Space](#)

[Clear Your Head](#)

[YoungMinds](#)

[Samh](#)

[Wakelet](#)

[Young Scot](#)

[CALM](#)

[Mind](#)

[Shout](#)

## Parent and carer courses

Triple P – Positive parenting programme

Raising Teens with confidence

ND Parent and Carer Groups



# Parent/Carer Supports

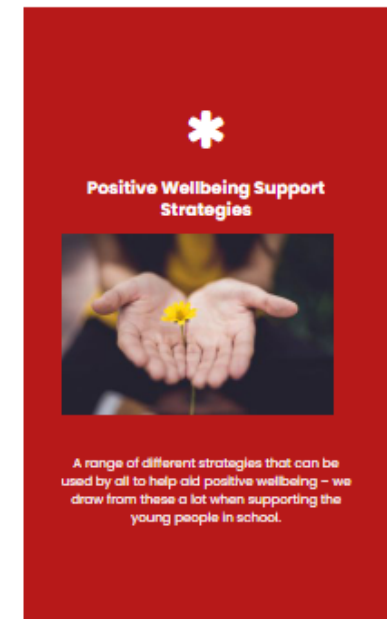


## Promoting Positive Wellbeing and Ethos

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.



[Promoting Positive Wellbeing and Ethos – Craigmount High School](#)