



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

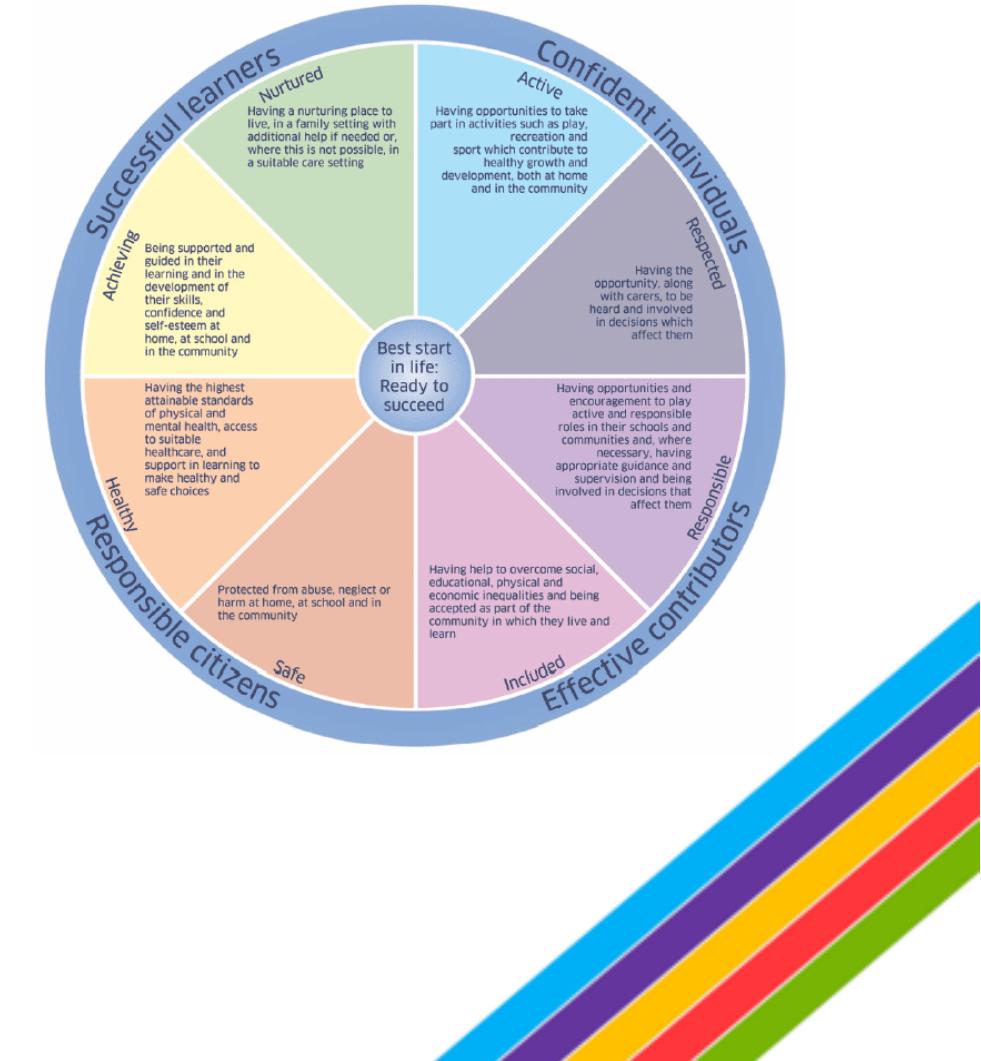
Subjects- Teams and Study Supports

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?

and try

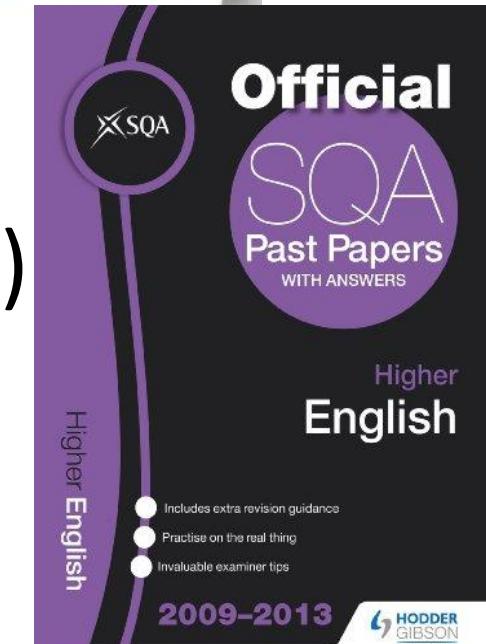
- incorporating supported study into a study plan

Organisation

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

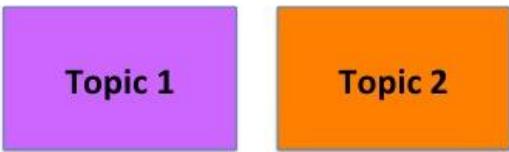
What does 'good' study look like?

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

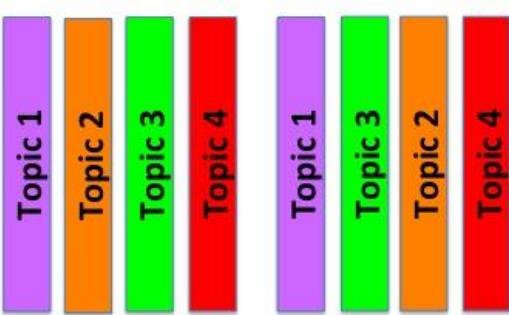


What does 'good' study look like?

Massed presentation



Spaced and interleaved presentation



The Pomodoro Technique



Select a single task to focus on



Set a timer and work continuously for 25 minutes



Take a productive 5 minute break



Repeat for 4 rounds



Take a longer break for 30 minutes and repeat



system

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



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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



Share | ⚙ | ...



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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.

Three cards arranged horizontally, each with a different title and icon. The first card is red and titled 'What we and you can do' with a handshake icon. It features a graphic of puzzle pieces and the word 'PARTNERSHIP'. The second card is blue and titled 'Self Help Signposting' with a book icon. It features a graphic of a signpost with arrows pointing in different directions, labeled 'ADVICE', 'SUPPORT', 'HELP', 'ASSISTANCE', 'GUIDANCE', and 'TIPS'. The third card is red and titled 'Positive Wellbeing Support Strategies' with a star icon. It features a graphic of two hands holding a small yellow flower.

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