



Mental Health Bulletin – February 2024

Children’s Mental Health Week begins on Monday 5th February until 11th February. The theme is ‘My Voice Matters’.

We are a Silver RIGHTS RESPECTING SCHOOL and are on the journey towards Gold status.

Some Universal Support Events planned for this term which focus on positive mental health and well-being are detailed below:

Year Group	Activity	Details and link to UNCRC	Link to School Value
S1	Show Racism the Red Card Workshops	Interactive workshops supporting young people to be inclusive. ARTICLE 2 non-discrimination	Respect
	TIE Assembly	Guest speaker assembly which focuses on all young people being included. ARTICLE 2 non-discrimination	Friendship
	Reflective Space	All pupils will attend a reflective space period which will focus on mindfulness and reflection. ARTICLE 13 freedom of expression	Empowerment
	Happiness Event	All pupils will have the opportunity to participate in an afternoon of Health and Wellbeing activities of their choice. ARTICLE 31 leisure, play, culture	Happiness
S2	TIE Assembly	Guest speaker assembly which focuses on all young people being included. ARTICLE 2 non-discrimination	Friendship
	Personalisation and Choice	All young people will have a 1-2-1 meeting with their Pastoral Care teacher to discuss S2 options and have a HWB check in. ARTICLE 29 goals of education & ARTICLE 12 respect views of the child	Empowerment
	Happiness Event	All pupils will have the opportunity to participate in an afternoon of Health and Wellbeing activities of their choice. ARTICLE 31 leisure, play, culture	Happiness
S3	TIE Assembly	Guest speaker assembly which focuses on all young people being included. ARTICLE 2 non-discrimination	Friendship
	Blues Programme	All S3 pupils participated in a screening process. Groupwork sessions are taking place for identified pupils. ARTICLE 13 freedom of expression	Empowerment
	Happiness Event	All pupils will have the opportunity to participate in an afternoon of Health and Wellbeing activities of their choice. ARTICLE 31 leisure, play, culture	Happiness
S4	TIE Assembly	Guest speaker assembly which focuses on all young people being included. ARTICLE 2 non-discrimination	Friendship
	Well-Being Award	All pupils will participate a Level 3/4/5 Personal Development Well-Being Award in PSE lessons. This is an SQA accredited qualification. The level of presentation/award depends upon pupil participation. ARTICLE 29 goals of education	Happiness
S5/6	Captaincy team opportunities	Check our Twitter page for pictures and information on events organised by our Captaincy Team. ARTICLE 29 goals of education & ARTICLE 12 respect views of the child	Empowerment



	Mental Health First Aid	All senior pupils have been offered the chance to achieve a Mental Health First Aid qualification delivered by one of our FAREbear team Mollie. ARTICLE 29 goals of education	Empowerment
	Mentors In Violence Prevention	MVP training for all S6 pupils. Mentors delivering training to all S1 classes. ARTICLE 29 goals of education & ARTICLE 2 non-discrimination	Friendship

Universal Supports at KSS:

- Charter Champions – staff hand out cards to pupils who display our school charter which can be exchanged for a treat from the Head Teacher every Friday at lunchtimes
- Captains Corner – our school captains offer a lunchtime drop in for all young people
- Pupil leadership opportunities – post Oct break leadership opportunities will be shared with all young people at assemblies
- Extra-curricular clubs
- FAREbear youth workers and clubs
- Weekly well-being check in club
- Safe Place/Quiet Club/Library/Chill out club/HIVE for interval and lunchtimes
- LGBT safe space
- Breakfast club
- Free food at interval and lunchtimes
- Chaplaincy team
- Christmas/Spring/Summer fayres
- Mentors in Violence Prevention Training
- Personal and Social Education (PSE) programme to raise awareness and signpost to universal supports
- Principal Teacher of Pastoral Care (PTPC) support: 2 periods of contact with PTPC weekly
- Year Group Head (YGH) support
- Mental health first aid trained staff on campus
- All Behaviour is Communication - all staff have undertaken this training

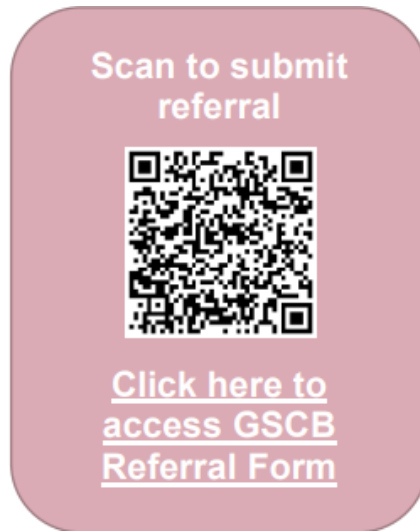
Targeted Supports at KSS:

- Pinkston water sports activity day
- Action for Children - Counselling
- Action for Children – Blues Programme
- Health and Well-Being Support Officer (therapeutic support)
- Targeted Nurture Groups
- Targeted ASC Groups
- Seasons for Growth
- LIAM programme (Let's Introduce Anxiety Management)
- HIVE support
- Group work – Farebear Youth Workers, Rangers Community Officer, Active Schools, MCR groups
- MCR Mentors
- Fidget toys /calm boxes
- Staged intervention meetings: Knightswood Intervention and Inclusion Meeting (KIIM); Staged Intervention Meeting (SIM); Learning Community Joint Support Team (LC-JST)
- Educational Psychologist support (through SIM or LC-JST)

These supports would be discussed with a young person and their PTPC in the first instance and agreed with parents and carers as part of an Individual Education Plan.



Action for Children – self-referral form:

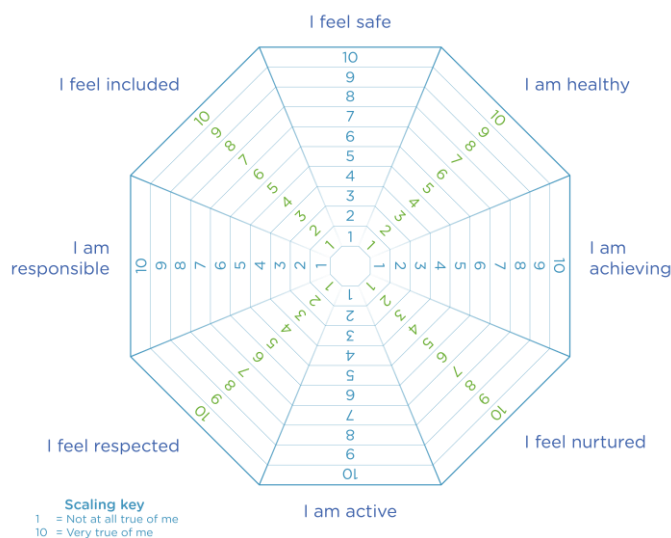


Young people can self-refer to Action for Children who provide a confidential counselling service to pupils during the school day. We have a counselling service 5 days a week at KSS.

Well-being indicators:

All young people have participated in lessons focussing on the well-being indicators known as SHANARRI indicators. The well being web below is completed several times a year on a Microsoft form and the information gathered will help us to identify any supports that your young person may need.

The wellbeing web



**Supports for parent/carers:**

Some excellent supports for parent/carers are linked below:

<https://www.place2be.org.uk/our-services/parents-and-carers/>

<https://www.youngminds.org.uk/parent/>

<https://sleepscotland.org/>

<https://www.mentalhealth.org.uk/our-work/programmes/families-children-and-young-people/resources#:~:text=Education%20Support%20%E2%80%93%20Education%20Support%20provides,you%20immediate%2C%20confidential%20emotional%20support.>

You can find further supports within our Mental Health and Well-being Hub on the school website.

Future plans:

A staff Mental Health and Well-Being Strategy Group has been established at KSS. We are hoping to progress with:

- Pupil Mental Health Ambassadors
- SQA qualifications linked to mental health
- Parent/carer support sessions

If you have any ideas or wish to become involved in any way, please complete the Microsoft form at the link: <https://forms.office.com/r/UKpazRChJC>

KSS Parents/Carer Partnership Spotlight Sessions 2024

All parents/carers are invited to attend Partnership Spotlight Sessions in Knightswood Secondary School.

Spotlight Session Title	Date	Time
1. Funding Support for Families Support with clothing grants, Free school meals, free bus passes, Parent Pay and Satchel 1. School office staff, FAREbears and our Financial Inclusion Support Officer will all be on hand to help.	Monday 22 nd Jan	9.15-11.15am
2. Parent Council Meeting: The Role of Pastoral Care Open to all parents/carers	Thursday 25 th January	5.45-6.45pm
3. Inclusion – LGBTQI+ M McMillan – Faculty Head of Art and Drama E Coultas (Campus Police Officer) Open to all parents/carers	Thursday 1 st February	4-5pm
4. iPads and accessibility. Social media support C Grubb – Faculty Head of ICT E Coultas (Campus Police Officer) Open to all parents/carers	Thursday 29 th February	4-5pm
5. Parent Council Meeting: Supporting Young People with Additional Support Needs Open to all parents/carers	Monday 18 th March	5.45-6.45pm

My VOICE MATTERS

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures).
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: bit.ly/3Ps0010

For secondary children: bit.ly/3L802wK

[CHILDRENSMENTALHEALTHWEEK.ORG.UK](https://www.childrensmentalhealthweek.org.uk)



MY VOICE MATTERS



CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?



WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?



[CHILDRENSMENTALHEALTHWEEK.ORG.UK](https://www.childrensmentalhealthweek.org.uk)