



Children's Mental Health Week Bulletin – February 2026

Children's Mental Health Week takes place from 9th -15th February 2026. The theme is 'THIS IS MY PLACE' and this will be promoted in assemblies and PSE lessons.

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

Some Universal Support Events which have taken place in school this term and are planned for next term which have a focus on positive mental health and well-being are detailed below:

Year Group	Activity	Details and link to UNCRC	Link to School Value
S1	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 Friendship
S2	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 Friendship
S3	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 Friendship
S4	Mental Health and Well-Being Award	All pupils will have the opportunity to gain this additional SQA qualification during Personal and Social Education lessons. ARTICLE 29 goals of education	Empowerment
S5/6	Captaincy team opportunities	Our Captaincy Team continue to develop leadership skills through our weekly 'Captain's Corner' where young people can share feedback and suggestions to improve our school. ARTICLE 29 goals of education & ARTICLE 12 respect views of the child	Respect
	Mentors In Violence Prevention	MVP training is available for S5/6 pupils during wider achievement time. Mentors will be delivering training to all S1 classes. ARTICLE 29 goals of education & ARTICLE 2 non-discrimination	Empowerment Respect
	Care Home Project	Young people involved in our School Captaincy Team in visiting a local care home to provide activities for residents ARTICLE 29 goals of education	Empowerment Respect
S1-S5 pupils	Reward and Praise Trips	All young people had the opportunity to sign up to a reward trip planned for June 2026 to celebrate those who uphold our school charter daily. ARTICLE 31 leisure, play, culture	Empowerment Friendship
Junior Captaincy Team	RRS Junior Captaincy Team Teambuilding	Young people involved in our Junior Captaincy Team will take part in a teambuilding event in October, led by our School Captaincy Team. ARTICLE 31 leisure, play, culture	Empowerment Friendship
	Charter Champions	Our Junior Captaincy Team help us to recognise the achievements of our young people by organising our Charter Champions initiative, as well as helping to distribute prizes on a weekly basis ARTICLE 29 goals of education	Empowerment Happiness Friendship



LifeLink – self-referral form

Young people have access to in-house counselling support three days per week.

Young people can discuss this with their Pastoral Care teacher or can self-refer using the QR code.

Lifelink provide a confidential counselling service to pupils during the school day from Mon-Wed. All sessions are 1-2-1 and take place in our bespoke counselling room.

One-to-One Counselling for Young People
Available to Support your Mental Health and Wellbeing

To refer please contact:

Or scan the QR code below

lifelink www.lifelink.org.uk



Children & Young People

We support children & young people up to the age of 18 impacted by domestic abuse, forced marriage or honour based abuse. You can speak to us in confidence at a place of safety.

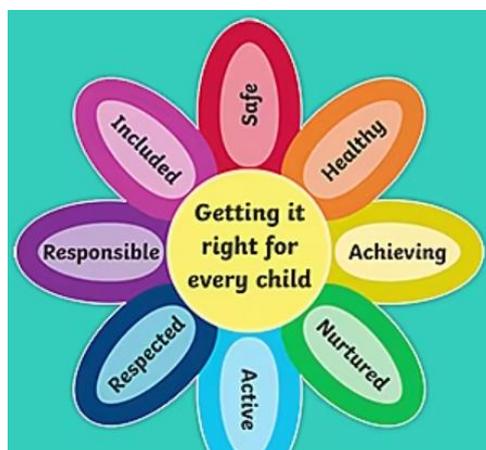


Hemat Gryffe

Young people have access to 1-2-1 support from Hemat Gryffe staff on a Thursday. This can be accessed through young people speaking to their pastoral care teacher

Well-being indicators

All young people participate in lessons focussing on the well-being indicators known as SHANARRI indicators. The well-being web 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.





Pastoral Care

Young people can scan the QR code below to request a 1-2-1 appointment with their Pastoral Care teacher.



Universal Supports at KSS:	Targeted Supports and Partnership Working at KSS:
<ul style="list-style-type: none"> • Charter Champions • Captains Corner • Pupil leadership opportunities • Mental Health & Well-Being Ambassadors • Extra-curricular clubs • FAREbear youth workers & clubs • Weekly well-being check in club • LGBTQ+ Safe Place/Chill Out Club/Library/HIVE for break times • Free breakfast club & free food at break times • Chaplaincy team • Christmas/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 – staff training • Restorative Approaches – staff training 	<ul style="list-style-type: none"> • Lifelink counselling • Blues Programme • Targeted Nurture Groups • Targeted ASC Groups • Seasons for Growth • Art for Therapy Groups • Pinkston water sports activity programme • Blairvadach outdoor learning opportunities • LIAM programme (Let’s Introduce Anxiety Management) • Hair and Beauty course with partners at DRC • HIVE support • Targeted group work – Farebear Youth Workers, Rangers Community Officer, Active Schools Coordinator, Glasgow Life, King’s Trust • 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) • REACH service

Targeted 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.



PARTNERSHIP WORKING

Supports for parent/carers:

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

<http://www.knightswood-sec.glasgow.sch.uk/PlainText/PlainText.aspx?SectionId=db36dd07-29c9-42f1-afce-ea1633b49fa9>

- If you feel that your young person needs mental health support, you should contact your GP in the first instance.
- Glasgow City Youth Health Service offers confidential, personalised support for young people aged 12-19 years in Glasgow City.

For appointments or to make a referral, please phone **0141 451 2727** or visit the website here:

<https://www.nhsggc.scot/hospitals-services/services-a-to-z/glasgow-city-youth-health-service/>

- The numbers below can be contacted at a time of crisis
- Call [HOPELINEUK](http://www.hopelineuk.org) on [0800 068 4141](tel:08000684141) or the [Samaritans](http://www.samaritans.org) on [116 123](tel:116123).
- Call the NHS on [111](tel:111) and select option 2.
- Child Bereavement UK Support:
[How we can support you | Child Bereavement UK](http://www.childbereavementuk.org) or [Grief support for young people | Winston's Wish](http://www.winstonswish.org).
- Some other 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.>

Future plans:

A staff Mental Health and Well-Being Strategy Group and policy are in place at KSS.

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

Thank you!