





LEARNING TOGETHER

WORKING TOGETHER

SUCCEEDING TOGETHER



KSS INTERNAL SUPPORT DIRECTORY

 **Right to be with friends and join or set up clubs.** 

 **Article 29: Right to goals of education.** 

SESSION 2024-25

 **Right to access to rest, play, culture and the arts.** 

 **Article 28: Right to education.** 

RESPECT

HONESTY

FRIENDSHIP

EMPOWERMENT

HAPPINESS



LEARNING TOGETHER

WORKING TOGETHER

SUCCEEDING TOGETHER



At Knightswood Secondary School we work with a wide range of Partners to endeavour to meet the needs of all young people and Include Everyone.

Learning Together Working Together Succeeding Together



KNIGHTSWOOD
SECONDARY
SCHOOL



OUR SCHOOL CHARTER

BE KIND

GIVE OUR BEST

BE HONEST

RESPECT OTHERS

BE RESPONSIBLE

INCLUDE EVERYONE



RANGERS
CHARITY
FOUNDATION




Respect Friendship Honesty Empowerment Happiness

RESPECT

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FAREBEAR BGE GROUP PLAN – FOOTBALL FOCUS

FOOTBALL Group - Led by Mark	
Aims	<p>This group aims to support young people to:</p> <ul style="list-style-type: none"> - Regulate their emotions and behaviour - Work on key skills including: Communication, Teamwork, Mental wellbeing, Problem solving, Respect as well as other life skills. - Build Fitness and manage a healthy lifestyle
Course Content	<p>Sessions will cover:</p> <ul style="list-style-type: none"> - Teamwork/Communication - Managing emotions - Problem Solving - Healthy eating - Personal fitness - Respect - Skill Related Fitness - Leadership and responsibility - Cultural Issues (Sectarianism/Racism)
Activities that may be included	<p>Young people can expect to participate in activities such as:</p> <ul style="list-style-type: none"> - Sports based sessions - Individual sport sessions - Team building activities - Group activities - Information sessions
METASKILLS which can be developed	<ul style="list-style-type: none"> - Communicating - Feeling - Creativity - Focussing - Integrity - Initiative
SHANNARI focus	<p>This group focuses on the following SHANNARI indicators:</p> <p>SAFE HEALTHY ACHIEVING NURTURED ACTIVE RESPECTED RESPONSIBLE INCLUDED</p>



FAREBEAR BGE GROUP PLAN – MULTI-SPORT FOCUS

SPORTS Group - Led by Mark (supported by Evie)	
Aims	<p>This group aims to support young people to:</p> <ul style="list-style-type: none"> - Regulate their emotions and behaviour - Work on key skills including: Communication, Teamwork, Mental wellbeing, Problem solving, Respect as well as other life skills. - Build Fitness and manage a healthy lifestyle
Course Content	<p>Sessions will cover:</p> <ul style="list-style-type: none"> - Teamwork/Communication - Managing emotions - Problem Solving - Healthy eating - Personal fitness - Respect - Skill Related Fitness - Leadership and responsibility
Activities that may be included	<p>Young people can expect to participate in activities such as:</p> <ul style="list-style-type: none"> - Sports based sessions - Individual sport sessions - Team building activities - Group activities - Information sessions
METASKILLS which can be developed	<ul style="list-style-type: none"> <li style="width: 50%;">- Communicating <li style="width: 50%;">- Focussing <li style="width: 50%;">- Feeling <li style="width: 50%;">- Integrity <li style="width: 50%;">- Creativity <li style="width: 50%;">- Initiative
SHANNARI focus	<p>This group focuses on the following SHANNARI indicators:</p> <p>SAFE HEALTHY ACHIEVING NURTURED ACTIVE RESPECTED RESPONSIBLE INCLUDED</p>



FAREBEAR BGE GROUP PLAN – EMOTIONS FOCUS

EMOTIONAL LITERACY Group - Led by Claire	
Aims	<p>This group aims to support young people to:</p> <ul style="list-style-type: none"> - Develop their understanding of emotions - Improve self-esteem and build confidence - Gain knowledge of how to manage their emotions - Learn coping strategies on how to deal with day-to-day changes in those emotions - Aid in the understanding of emotions and the language surrounding them
Course content	<p>Sessions will cover:</p> <ul style="list-style-type: none"> - Getting to know ourselves - Emotions - How to express feelings and emotions - Anger and the effects words can have on ourselves and other people - All about me – Identifying strengths and skills - What's a support network – where in the school can we find support - Coping with change - Healthy and unhealthy coping strategies - What is positive talk?
Activities that may be included	<p>Young people can expect to participate in activities such as:</p> <ul style="list-style-type: none"> - Team building - Group activities - Group discussions
METASKILLS which can be developed	<ul style="list-style-type: none"> <li style="width: 50%;">- Communicating <li style="width: 50%;">- Focussing <li style="width: 50%;">- Feeling <li style="width: 50%;">- Integrity <li style="width: 50%;">- Sense making <li style="width: 50%;">- Initiative
SHANNARI focus	<p>This group focuses on the following SHANNARI indicators:</p> <p>SAFE ACHIEVING NURTURED RESPECTED INCLUDED</p>
Youth Work outcomes	<p>This group focuses on following Youth Work outcomes:</p> <ul style="list-style-type: none"> - Confidence - Resilience - Looking after myself - Building relationships - Communication - Decision making - Teamwork - Creating change - Problem solving



FAREBEAR BGE GROUP PLAN – ARTS & CRAFTS FOCUS

ARTS & CRAFTS Group - Led by Claire	
Aims	<p>This group aims to support young people to:</p> <ul style="list-style-type: none"> - Explore how art can support the expression of our emotions - Build confidence in a nurturing environment - Learn to chat in a group - Develop creativity and individual thinking
Course content	<p>Sessions will cover:</p> <ul style="list-style-type: none"> - Developing self-esteem - Celebrating personal strengths - Accepting and celebrating differences
Activities that may be included	<p>Young people can expect to participate in activities such as:</p> <ul style="list-style-type: none"> - Team building - Group activities - Group discussions
METASKILLS which can be developed	<ul style="list-style-type: none"> <li style="width: 50%;">- Communicating <li style="width: 50%;">- Focussing <li style="width: 50%;">- Collaborating <li style="width: 50%;">- Integrity <li style="width: 50%;">- Creativity <li style="width: 50%;">- Initiative
SHANNARI focus	<p>This group focuses on the following SHANNARI indicators:</p> <p>SAFE ACHIEVING NURTURED RESPONSIBLE RESPECTED INCLUDED</p>
Youth Work outcomes	<p>This group focuses on following Youth Work outcomes:</p> <ul style="list-style-type: none"> - Confidence - Looking after myself - Building relationships - Communication - Decision making - Teamwork - Leadership - Creating change - Problem solving



FAREBEAR BGE GROUP PLAN – SOCIAL SKILLS FOCUS

SOCIAL SKILLS Group - Led by Mollie	
Aims	This group aims to support young people to: <ul style="list-style-type: none"> - Enhance social Skills - Improve confidence - Develop teamwork - Develop self-awareness - Navigate relationships - Develop inter-personal skills
Course content	Sessions will cover: <ul style="list-style-type: none"> - Kindness - Respect - Understanding positive and negative relationships - Managing conflict - Emotions - Coping Strategies - Importance of positive interactions - Mental Health
Activities that may be included	Young people can expect to participate in activities such as: <ul style="list-style-type: none"> - Group discussions - Team building - Individual tasks
METASKILLS which can be developed	<ul style="list-style-type: none"> <li style="width: 50%;">- Communicating <li style="width: 50%;">- Focussing <li style="width: 50%;">- Feeling <li style="width: 50%;">- Integrity <li style="width: 50%;">- Sense making <li style="width: 50%;">- Initiative
SHANNARI focus	This group focuses on the following SHANNARI indicators: SAFE ACHIEVING NURTURED RESPECTED RESPONSIBLE INCLUDED
Youth Work outcomes	This group focuses on following Youth Work outcomes: <ul style="list-style-type: none"> - Confidence - Resilience - Looking after myself - Building relationships - Communication - Teamwork

FAREBEAR BGE GROUP PLAN – TRENDS FOCUS

TRENDS Group – Led by Mollie (supported by Evie)	
Aims	<p>This group aims to support young people to:</p> <ul style="list-style-type: none"> - Increase awareness - Increase health and wellbeing - Understand the issues surrounding the topics - Understand the potential dangers surrounding the topics - Understand the risks and signs of peer pressure
Course content	<p>Sessions will cover:</p> <ul style="list-style-type: none"> - Social Media - Alcohol - Vaping - Peer Pressure - Keeping safe - The potential dangers surrounding these <p>The trends covered may change depending on the needs of the group and the current trends that may arise during the group.</p>
Activities that may be included	<p>Young people can expect to participate in activities such as:</p> <ul style="list-style-type: none"> - Group Discussions - Group Activities - Individual tasks - Individual Discussions
METASKILLS which can be developed	<ul style="list-style-type: none"> <li style="width: 50%;">- Communicating <li style="width: 50%;">- Focussing <li style="width: 50%;">- Feeling <li style="width: 50%;">- Integrity <li style="width: 50%;">- Sense making <li style="width: 50%;">- Initiative
SHANNARI focus	<p>This group focuses on the following SHANNARI indicators:</p> <p>SAFE HEALTHY NURTURED RESPONSIBLE</p>
Youth Work outcomes	<p>This group focuses on following Youth Work outcomes:</p> <ul style="list-style-type: none"> - Teamwork - Creating change - Looking after myself - Decision making - Creating change



FAREBEAR BGE GROUP PLAN – BARISTA

BARISTA Group – Led by Mollie and Claire

CAN ONLY BE DELIVERED TO 14 YEARS AND ABOVE – SIX MAXIMUM AT ONE TIME

Aims	<p>This group aims to support young people to:</p> <ul style="list-style-type: none"> - Develop resilience in a practical setting - Work with peers in a respectful way - Develop skills and knowledge in Barista and the Hospitality industry - Gain an SQA qualification if over 14years old
Course content	<p>Sessions will cover:</p> <ul style="list-style-type: none"> - Barista skills - Money management - Teamwork skills - Leadership skills - Health and safety knowledge - Customer service skills - Communication skills
Activities that may be included	<p>Young people can expect to participate in activities such as:</p> <ul style="list-style-type: none"> - Setting up a café within the school - Making hot and cold drinks - Team building activities - Arranging coffee mornings and other school events
METASKILLS which can be developed	<ul style="list-style-type: none"> <li style="width: 50%;">- Communicating <li style="width: 50%;">- Focussing <li style="width: 50%;">- Adapting <li style="width: 50%;">- Integrity <li style="width: 50%;">- Creativity <li style="width: 50%;">- Initiative
Skills	<p>Young people can expect to develop the following:</p> <ul style="list-style-type: none"> - Customer service skills - Barista knowledge and skills - Leadership skills - Developing life skills and communication skills - Building positive relationships
SHANNARI focus	<p>This group focuses on the following SHANNARI indicators:</p> <p>SAFE ACHIEVING NURTURED RESPECTED RESPONSIBLE INCLUDED</p>
Youth Work outcomes	<p>This group focuses on following Youth Work outcomes:</p> <ul style="list-style-type: none"> - Confidence - Looking after myself - Building relationships - Communication - Teamwork



FAREBEAR SENIOR PHASE SUPPORT

FAREBEARS

SENIOR PHASE QUALIFICATIONS

Our FAREBEAR team offers a range of qualifications to young people. These can be delivered during groupwork and/or 1-2-1 sessions.

QUALIFICATION	STAFF LEAD	SUPPORT STAFF
PDA Level 4 – 6	CLAIRE	MARK
LEADERSHIP Level 5/6	CLAIRE	MARK
WORK PLACEMENT Level 4 – 6	ALL STAFF	ALL STAFF
CUSTOMER SERVICE Level 4	MOLLIE	N/A
EMPLOYABILITY Level 4	MARK	MOLLIE
FIRST AID FOR YOUTH MENTAL HEALTH Level 5	MOLLIE	CLAIRE
BARISTA Level 5	MOLLIE	CLAIRE
First aid/ Health and Safety Level 5 and 6	CLAIRE	MOLLIE

Our FAREBEAR team support 4 groups in S4 in Column C, D, E and F (4 periods per week)

Our FAREBEAR team support an S5/6 group who attend college (2 periods per week)



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FAREBEAR FLEXI & 1-2-1 SUPPORT

Flexi support

We have in place our flexi support periods which are available throughout the day. This is invaluable to the school as this is time set aside where the FAREBEAR team are there for young people who are unable to regulate in class and need that additional support to decompress. The young people usually come away from these flexi periods feeling better and can then continue their school day going to the rest of their classes.

1-2-1 support

We provide 1-2-1 support everyday within the school. This is provided for young people who have been identified (by their pastoral care teacher and depute head) who need additional support. This could be a young person who has fallen behind in a class and needs support to catch up on qualifications. This could also be for: the young person's general health and wellbeing; to establish and develop a relationship with the young person; to ensure there is a positive key adult in their life; and having an adult encouraging positive choices and celebrating successes in the young person's life.

1-2-1 support periods for our young people are a vital part of their school week, this is a chance for them to open up and express any worries or issues they may be facing in their week. We provide a safe space for our young people to be able to open up and we support them in the best way possible.

We offer a variety of different qualifications within 1-2-1 support periods. It is a great opportunity for our young people to still achieve in school and get their qualifications without falling behind. We find that working 1-2-1 on qualifications within these periods are a better environment for some of our young people as there are not the distractions they will face in their mainstream classes. This gives them the opportunity to focus better and manage to progress well with their qualifications.

Measuring impact

In order to keep track of our 1-2-1 support/flexi support, we have in place a Microsoft form QR code which tracks qualitative and quantitative data from the following questions:

What kind of support was provided?

How was the young person feeling at the start of the session? Our current overall rating is, **3.52%**.

How were they feeling at the end of the session? Our current overall rating is, **4.33%**. And any other additional comments we may have.

We usually tend to input any important comments from the 1-2-1 in the additional comments section this could be anything that had been spoken about that we need to document or what qualifications we have been working on. This form also helps us to keep track of any reoccurring names we might be getting referred through our flexi support and what kind of support is needed for that young person. The form also helps us keep on top of who is attending each session.

Each week we collate the form into an excel spreadsheet and we send this over to our link DHT.

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FAREBEAR CLUBS & HOLIDAY PROGRAMMES

FAREBEAR Thursday Clubs

- Mark and Claire's football all years can come along and participate in a chat and a game of football after school.
- Mollie and Evie's badminton for all years to come along and have a game of badminton and a bit of chat after school.

FAREBEAR Club's

- S3 football training on a Wednesday after school.

FAREBEAR Holiday Programmes

- Holiday hunger programme which consists of a hot breakfast and lunch for three days every week of the summer holidays.
- Pupils can sign up to the activity programme which is put out as a QR code throughout the school.
- **Activities consist of inside the school such as**
 - scavenger hunts
 - inflatable city
 - rounders, football
 - pool and dodgeball
- **Outside activities consist of**
 - flip-out
 - heads of Ayr
 - Balloch
 - Pinkston water park
 - bowling
 - mini-golf
 - driving range