



Mental Health Bulletin – May 2025

Mental Health Awareness Week begins on Monday 12th May. The theme is ‘COMMUNITY’. The KSS community want to use this Mental Health Awareness Week to celebrate the power and importance of community in PSE lessons. Being part of a safe, positive community is vital for our mental health and wellbeing.

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	Class litter picks	S1 pupils are now able to leave the school premises at break times. With their pastoral care teacher, they will be involved in litter picks to demonstrate respect for their community. ARTICLE 31 leisure, play, culture	Respect
	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	Sharing learning	All S2 pupils will have the opportunity to share their learning and understanding of mental health and the supports on offer at KSS. Pupils will create a communication which will be shared with P7 pupils on their induction days. ARTICLE 29 goals of education	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	Well-Being Award	All pupils will begin to participate in 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 and pupils will gain certification along with their SQA exams at the end of S4. ARTICLE 29 goals of education	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
Student Council Members	Summer Fayre	Young people involved in our Student Council will be helping to lead our Summer Fayre, providing fun activities for our families to take part in. ARTICLE 31 leisure, play, culture	Empowerment Happiness Friendship
	Charter Champions	Our Student Council 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



LEARNING TOGETHER

WORKING TOGETHER

SUCCEEDING TOGETHER



Lifelike – self-referral form:



Young people have access to in-house counselling support through our Partnership with LifeLink.

We will now have a counsellor on site three days per week (Mon-Wed). 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 and further information can be found on their website:

<https://www.lifelink.org.uk/>










Well-being indicators:

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

					
					
PT Pastoral Care Islay House	PT Pastoral Care Arran House	PT Pastoral Care Tiree House	PT Pastoral Care Skye House	PT Pastoral Care Bute House	PT Pastoral Care Harris House

RESPECT

HONESTY

FRIENDSHIP

EMPOWERMENT

HAPPINESS



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/Spring/Summer fayres • 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 • Restorative Approaches – all staff are committed to training this session 	<ul style="list-style-type: none"> • Lifelink counselling • Targeted Nurture Groups • Targeted ASC Groups • Seasons for Growth • Art for Therapy Groups • Pinkston water sports activity days • Blairvadach outdoor learning opportunities • LIAM programme (Let's Introduce Anxiety Management) • Glasgow Life Groups: STEM and HIIC (Health Issues in the Community) • Hair and Beauty course with partners at DRC • HIVE support • Targeted group work – Farebear Youth Workers, Rangers Community Officer, Active Schools Coordinator • 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](tel:01414512727) 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](tel:08000684141) on 0800 068 4141 or the [Samaritans](tel:116123) on 116 123.
 - Call the NHS on [111](tel:111) and select option 2.
- Child Bereavement UK Support:

[How we can support you | Child Bereavement UK](#) or [Grief support for young people | Winston's Wish](#).
- 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!



LEARNING TOGETHER

WORKING TOGETHER

SUCCEEDING TOGETHER



10 WAYS TO GET INVOLVED WITH YOUR COMMUNITY



**MENTAL
HEALTH
AWARENESS
WEEK**
12 - 18 MAY 2025

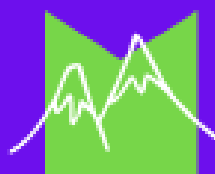
From book club to art class, Swifties to gamers, volunteer groups to shooting hoops – community is good for our mental health. They help us to belong, feel supported, and have purpose.

Here are ten ways to get involved with your community and boost your mental health.



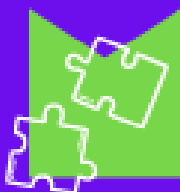
1. MAKE IT FUN

Choose an activity you enjoy. You could join a club or group centred around your interests.



2. GET OUTDOORS

Get out and moving in nature for more mental health benefits.



3. FIND LIKE-MINDED PEOPLE

Build connections with people who share your interests and values. But try to also meet people who are different from you, too.



4. SHOW KINDNESS TO OTHERS

Connect with your community through small acts of kindness, which will benefit both you and others.



RESPECT

HONESTY

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EMPOWERMENT

HAPPINESS



5. SHOW YOUR APPRECIATION

Sharing a compliment or showing appreciation can strengthen your relationships.



6. CONNECT ONLINE

Find others who share similar experiences or interests online. Remember, healthy online communities should make you feel safe and valued.



7. GIVE BACK

Helping others is a great way to build community and give you purpose.



8. CARE FOR YOUR LOCAL COMMUNITY

Increase your sense of belonging by getting involved in your local community.



9. WELCOME OTHERS

Make new people joining your community feel welcome and included.



10. FIND PEER SUPPORT IF YOU'RE STRUGGLING

Connect with others going through similar experiences through peer support groups.





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One-to-One Counselling for Young People

Available to Support your Mental Health and Wellbeing



To refer please contact:

Your Pastoral Care
Teacher in the
Pastoral Care Office
or request a 1-2-1
appointment with
them.

Or scan the QR code below



www.lifelink.org.uk

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