



Mental Health Bulletin – October 2023

Tuesday 10th October is World Mental Health Day. The theme is ‘Mental health is a universal human right’.

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

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

Year Group	Activity	Details
S1	Outdoor learning and team-building day	All pupils out of school for a day of outdoor learning at Kelvingrove Park and Art Galleries and team building sessions.
	Pastoral Care ‘Settling In’ Meeting	All young people will have a 1-2-1 meeting with their Pastoral Care teacher.
	Happiness Event	All pupils will have the opportunity to participate in an afternoon of Health and Wellbeing activities of their choice.
S2	Reflective Space	All pupils will attend a reflective space period which will focus on mindfulness and reflection.
	Happiness Event	All pupils will have the opportunity to participate in an afternoon of Health and Wellbeing activities of their choice.
S3	Happiness Event	All pupils will have the opportunity to participate in an afternoon of Health and Wellbeing activities of their choice.
	Blues Programme	Action for Children will with all S3 pupils to outline this support programme. Pupils will participate in a screener which will help to identify those who will participate in further sessions from Nov-Dec.
S4	Anxiety and Stress Management workshops	All pupils will participate in a workshop during PSE time. This will be delivered by our Health and Well-Being Support Officer.
S5/6	Captaincy team-building evening	This took place on 29 th Sept. Check our Twitter page for pictures and information!
	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.

**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
- 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
- Chaplaincy team
- Christmas/Spring/Summer fayres

Targeted Supports at KSS:

- 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
- 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)
- REACH service

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:

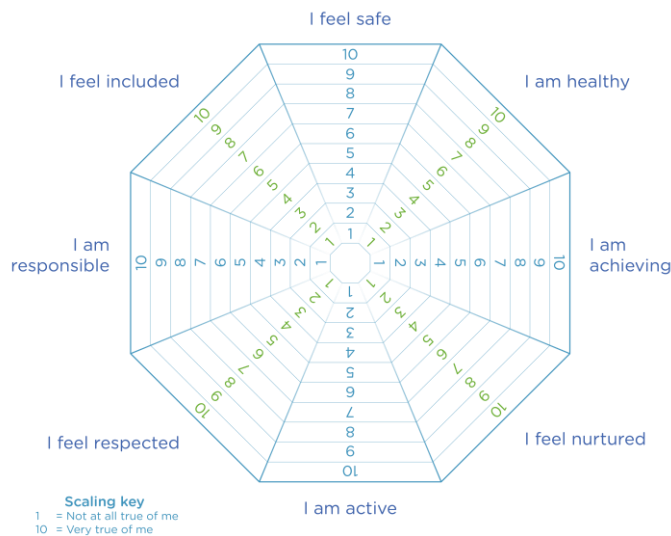


Young people can self-refer to Action for Children who provide a confidential counselling service to pupils during the school day.

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

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

Spotlight Session Title	Date	Time
1. Parent Council Meeting Open to all parents/carers	Tuesday 3 rd October	5-6pm
2. Health and Well Being Themes such as the impact of energy drinks on concentration, exercise benefits, nutrition and sleep. Open to all parents/carers	Thursday 26 th October	4-5pm
3. Social Media and Bullying Supporting Parents/Carers with Social Media (run by Campus Police Officer PC Coultas. GCC Bullying Policy. Open to all parents/carers	Thursday 9 th November	4-5pm
4. Pathways Evening Information for parent/carers of S2 pupils and S4/S5 pupils to support the personalisation and choice programme. Open to S2-S5 parents/carers	Tuesday 5 th December	4-5pm
5. Christmas Fayre Event for all families to come along to get into the festive spirit. Open to all families	Wednesday 20 th December	4-6pm