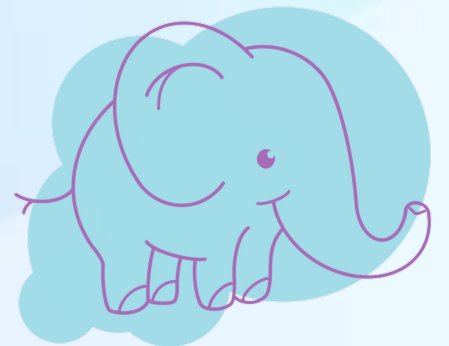


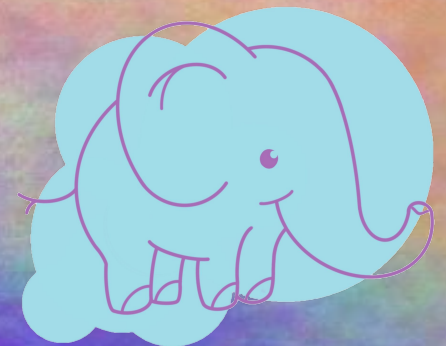
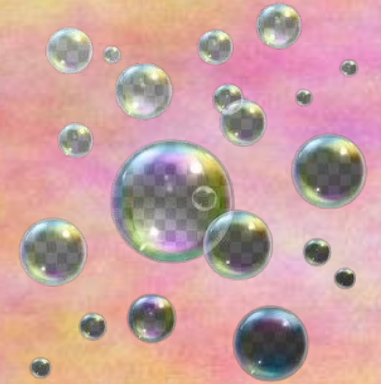
Wellbeing Supports at St. David's HS

Tuesday 5th December
19:00 - 19:30



Welcome

- **Robert Jamieson**
 - Teacher of Physical Education
 - Developed Wellbeing Mentors programme at St David's
 - Previously led Parental Engagement Sessions
- **Gemma Piaskowski**
 - Teacher of Physical Education
 - Mental Wellbeing policy group
 - Wellbeing Mentors programme
 - Mental Health First Aid trained

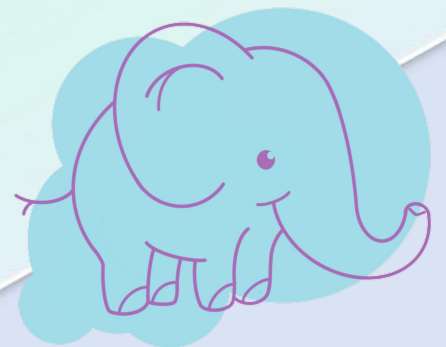


Session Outline

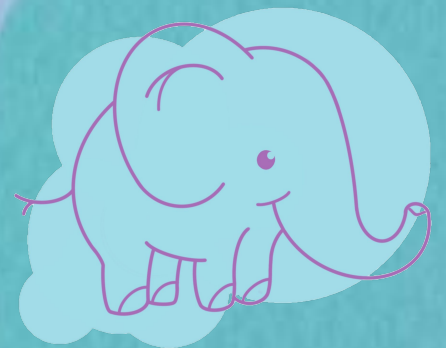
This session will provide information on the various initiatives we have in place at St David's to support our young people and their wellbeing, as well as links with external organisations.

We will outline what the initiative is, and how pupils can access the support/what the requirements are to receive support in each way.

There will be time to ask questions at the end, but please feel free to ask questions as we go.



School Supports



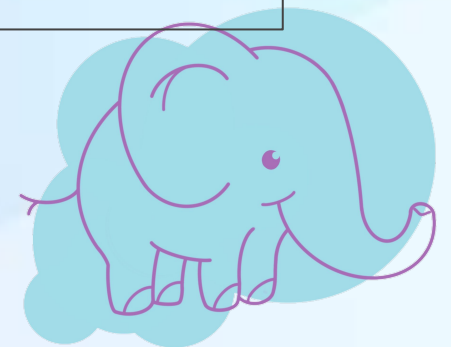
Wellbeing Mentors

Overview

- Young people paired with a staff member within the school
- Pupil and mentor meet regularly, with mentor supporting young person by checking in on wellbeing and offering guidance/resources/activities

Access

- Pupils identified by Guidance teachers
- Pupils approached
- Aim to build and sustain a positive support network throughout school life.



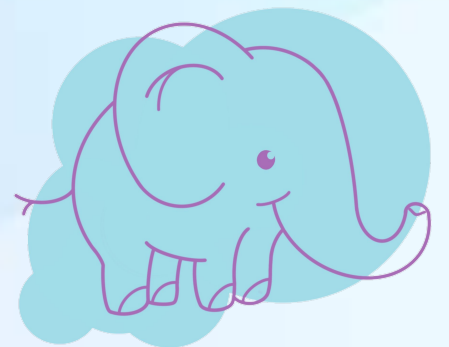
Assertive Mentors

Overview

- Pupils receive mentoring from a teacher/staff member within the school
- Aim to support pupils to achieve 5 @ Level 5, who are identified as needing more support/encouragement
- In 2021/22, 15 young people benefited from this support.

Access

- Pupils identified by Guidance and SfL staff
- Restricted to S4



Equally Safe At School (ESAS)

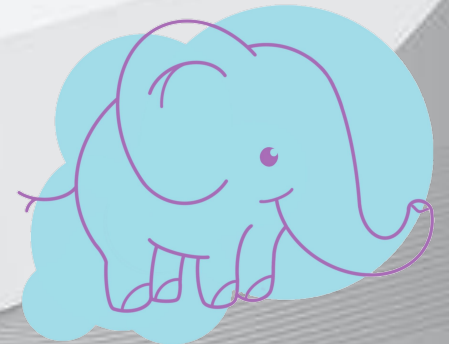
“

If ESAS was around when I was at school, I think it would have made everyone feel a lot safer and I think it would have made a more comfortable environment for everybody to be in.

- Jessica, 16, Shetland



equally safe
at school



Equally Safe At School



equally safe
at school

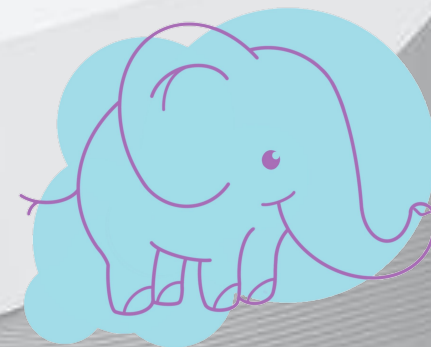
a whole school approach to
preventing gender based violence

Overview

- All pupils participate in workshops, assemblies and training on gender-based violence (GBV) through the programme
- Seniors opt in and receive training to become a mentor for younger pupils, where they educate and raise awareness of GBV

Access

- Pupils identified by Guidance teachers (mentors and mentees)



Mental Health Check-Ins

Overview

- Young people can request a check in Wellbeing check-in through various QR codes around school
- The pupil is paired with a Mental Health First Aid trained staff who will support as necessary
- Guidance teachers advised

Access

- No referral needed
- Pupils can request a check-in by scanning a QR code around the school



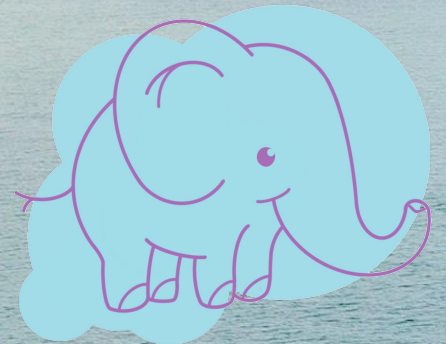
Home School Practitioner - Lee Bernard

Lee's role is to provide a whole range of supports for pupils and families to help everyone get the best chance of success at school.

Some of the areas which she can offer help and support with include:

- Attendance issues
- Completion of forms; EMA, free school meals, free bus travel and food parcels
- Uniform bank

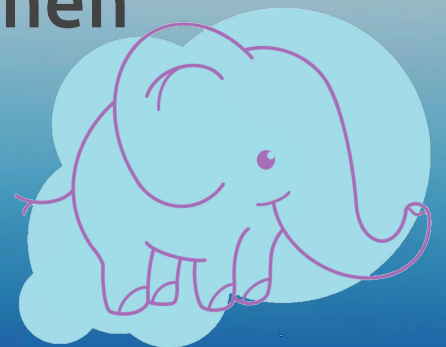
Lee.Bernard@midlothian.gov.uk



Nurture Base

Our nurture base at school is a safe space for pupils to communicate any ongoing issues they may be facing. Our nurture base is mostly used for group work, looking at behaviour and health and inclusion.

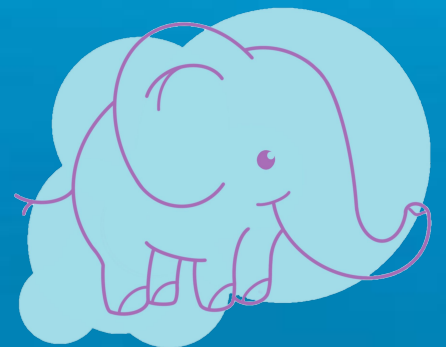
Nurture offer drop ins on period 1, break and lunch time. This can be used to receive support from a staff member when guidance teachers are busy.



Listening service

The listening service at St David's is provided from our nurture department. These meetings are only at the referral of our guidance department.

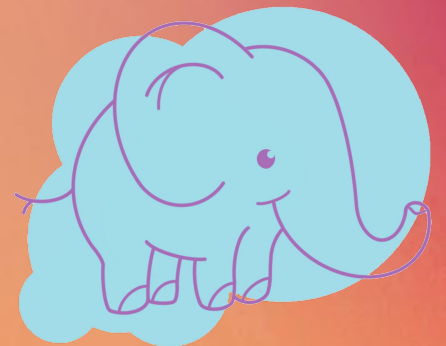
Pupils have a 1 to 1 session with our nurture staff to share anything that may be troubling them. If further help is needed they can be referred to one of our in school groups or to MYPAS for counselling.



Headstrong

The aim of this programme is to promote a positive approach to mental health and explore as a group attitudes and prejudices as individuals and society. Sensitive topics such as bereavement, depression, eating disorders and self-harm are explored, and pupils are provided with tools to help them through particularly difficult times.

The Headstrong group is by referral through guidance only. This is an NHS course which runs for approximately 5 weeks.



Seasons for Growth



The Children and Young People's Programme strengthens the social and emotional wellbeing of children and young people (aged 6-18) who are dealing with significant loss or change.

This may include:

- The death of a loved one
- Parental divorce or separation
- The experience and aftermath of a natural disaster
- Moving house or school
- Many other life changes and losses
-

Small groups of 4-7 children work with a facilitator who supports the children in learning new ways to share, think about and respond to the changes and losses in their lives.

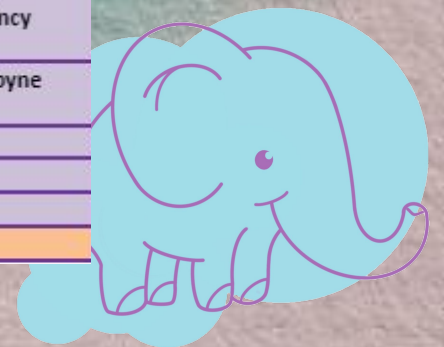
To be involved in this group pupils must nominate themselves through the Nurture department or guidance.



Extra-Curricular Clubs

Day	Time	Club/Year Group	Teacher/Room
Monday	13.15 – 13.40	Video Games Club All Year Groups welcome (Bring your lunch along)	Miss Ventoso G6.11
	13:05-13:45	Animé Club	Mr Orr Library
	13.05 – 13.45	Chaplaincy All Year Groups welcome (Bring your lunch along)	Miss Barbini Chaplaincy
	13.15-13.45	The Fun of Science S1 (Eat lunch first)	Mrs Goddard + S6 Student Ola F5.25
	15.30-16.30	Fitness Suite S4-S6	Miss McCaul
Tuesday	13.05 – 13.45	Cool Classics Club (Bring your lunch along) All Year Groups / Staff welcome	Mr Aitken F6.15
	13.15 – 13.45	Extraordinary Geography Club All Year Groups welcome	Miss McCaul and Mrs Swan G6.10
	13.05 – 13.45	Silent Space All Year Groups welcome (Bring your lunch along)	Mrs Nelson G6.14
	13:05-13:45	Film Club	Mr Orr Library
	13:05-13:45	Chaplaincy All Year Groups welcome (Bring your lunch along)	Miss Barbini Chaplaincy (main room)
	13:05-13:45	Debating Club S4/5/6 (Bring your lunch along)	Mr Gregory Chaplaincy
	15.30-16.30	Fitness Suite S1-S3	Miss McCaul

Day	Time	Club	Teacher Room
Wednesday	13:05-13:45	Film Club (Have lunch first)	Library Mr Orr
	13.05-13.45	Drawing Animals S1 and S2 (Bring your lunch along)	Miss Leitch G4.07
	13.05-13.45	Chaplaincy All Year Groups welcome (Bring your lunch along)	Miss Barbini Chaplaincy
	15.30-16.30	Fitness Suite S4-S6	Miss Pentland
Thursday	13.05 – 13.45	Dungeons and Dragons Club Tabletop Role Playing (Bring your lunch along) All Year Groups / Staff welcome	Mr Aitken F6.15
	15.25 – 16.30	Art Club S1 and S2	Miss Pinkney G4.07
	15:25-16:45	Dungeons and Dragons Club (Have lunch first)	Mr Orr Library
	13.15 – 13.45	Chaplaincy All Year Groups welcome (Bring your lunch along)	Miss Barbini Chaplaincy
	15.30-16.30	Fitness Suite S1-S3	Mr Burgoyne
Friday			



Further Support Initiatives & Development Opportunities

Mentors in Violence Prevention (MVP)

Wee Hub

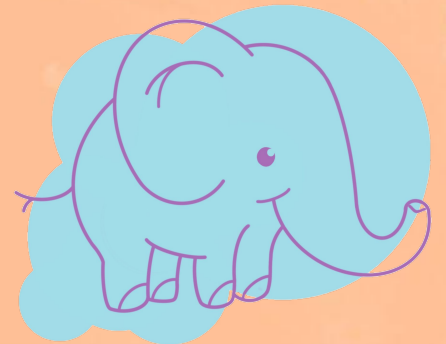
Qualifications (Wellbeing Award, Mental Health)

Childcare

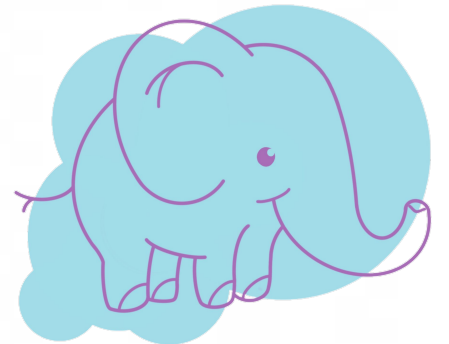
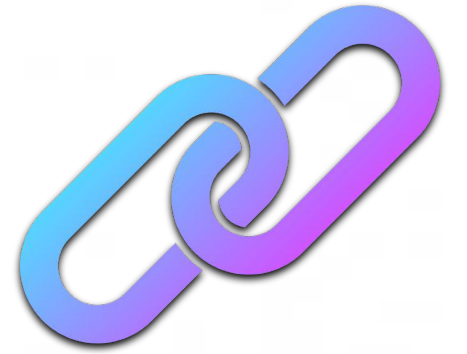
Leadership

Pupil Voice

In class support from seniors



External Agency Links



MYPAS

MY PAS service offers counselling to our young people. This can be gained via referral from guidance or nurture. They also hold drop in sessions.

They offer support on a host of different topics from:

- Substance abuse
- Relationships
- Physical Health
- Emotional Wellbeing
- Worries, stress or anxiety
- Sexuality and gender

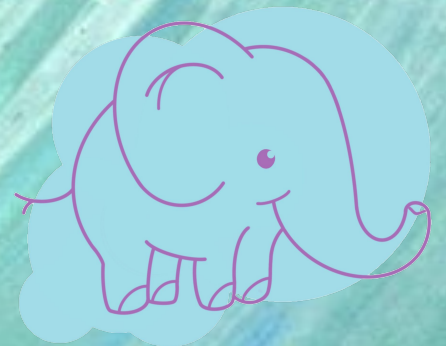
MYPAS



School Nurse

The school nurse is by referral only through guidance or the home school practitioner.

The school nurse helps with hygiene, eating disorders, mental health and sleep issues.



CAMHS

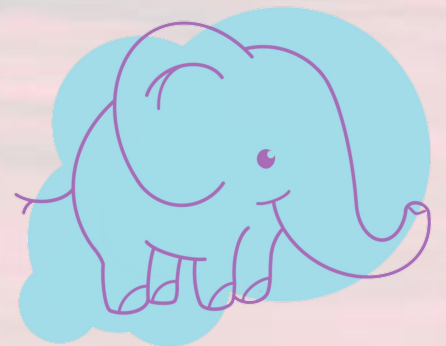
CAMHS is the nation-wide service provided by the NHS to assist children and young people with mental health issues.

CAMHS is a referral only based service.

The waiting list for CAMHS is long and it can take a while to be seen, so it's better to intervene before CAMHS is needed.

**Child and Adolescent
Mental Health Services**

NHS Lothian | Our Services



Bridges Project



The Bridges Project supports young people in East Lothian to achieve their potential. They support young people in a variety of different ways:

- Housing forms
- Mental Health support
- Difficult home life
- Education & Employability

This project is referrals only through guidance.



Questions?

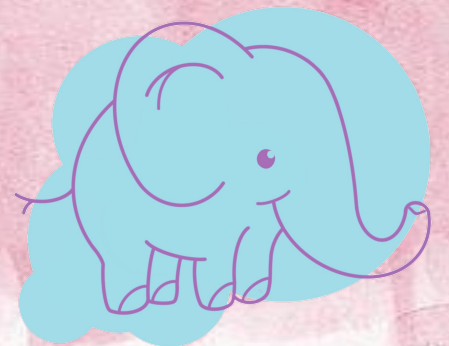


Join us in 2024...

- We continue our 'Supporting Our Young People's Mental Wellbeing' parental engagement workshops with a second evening session:

Supporting your young person's mental wellbeing at home

More details will be sent out in due course.



School Contacts

Guidance Staff

Peter Jeans - C House - p.jeans@midlothian.education

Ben Maxwell - C House - b.maxwell@midlothian.education

Chris Martin - N House - c.martin@midlothian.education

Leah McLardie - N House - l.mclardie@midlothian.education

Home School Practitioner

Lee Bernard - lee.bernard@midlothian.gov.uk



