



## Health & Wellbeing

This booklet will highlight the features of Health & Wellbeing in St Ninian's High School.

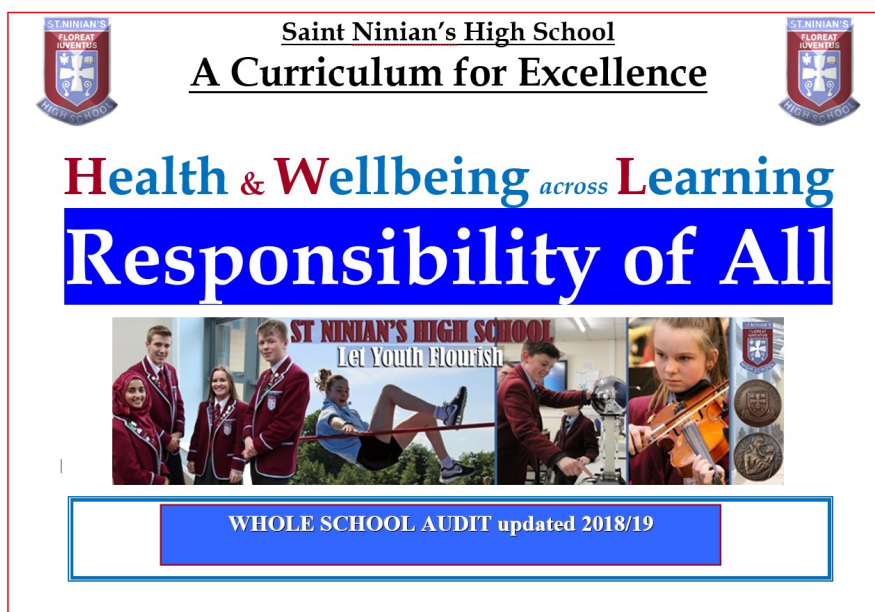
As a school the Health and Wellbeing of every pupil is a priority. Pupils achieving their full potential is not just about doing well academically. We need to ensure that the needs of all of pupils are met because it is only then that they will be able to truly do their best and thrive. This is known as 'Getting It Right For Every Child' (GIRFEC).

Pupils are offered many opportunities to develop their gifts, talents and every aspect of their character and personality. Intellectual development and academic attainment is important for future studies and careers. As well as this, we as a school attach great importance to the development of the pupils emotionally, socially, physically and spiritually.

### Health and Wellbeing - A Responsibility of All

It is evident that the progress of a child is about more than just academic achievement. Health and Wellbeing is very important to a child's development and for that reason we take a whole school approach to health and wellbeing.

All teachers in St Ninian's High School play an important role in delivering Health and Wellbeing across the curriculum and this has been evidenced through our whole school audit. The audit was first carried out in 2013 and then revisited in 2015 and 2018, ensuring that we have an excellent coverage of the Health and Wellbeing Experiences and Outcomes across the school. All teachers are aware of their responsibility to support and promote health and wellbeing and do so naturally in their teaching and relationships with pupil.



**Saint Ninian's High School**  
**A Curriculum for Excellence**

**Health & Wellbeing** *across* **Learning**  
**Responsibility of All**

**ST NINIAN'S HIGH SCHOOL**  
*Let Youth Flourish*

**WHOLE SCHOOL AUDIT updated 2018/19**

# Health and Wellbeing - A Responsibility of All

Our role as teachers is not just about teaching our subject but to develop the child as a whole and prepare them for life – not just a career but also to build sustainable relationships, to cope with challenges in their life and to make good choices in their future.

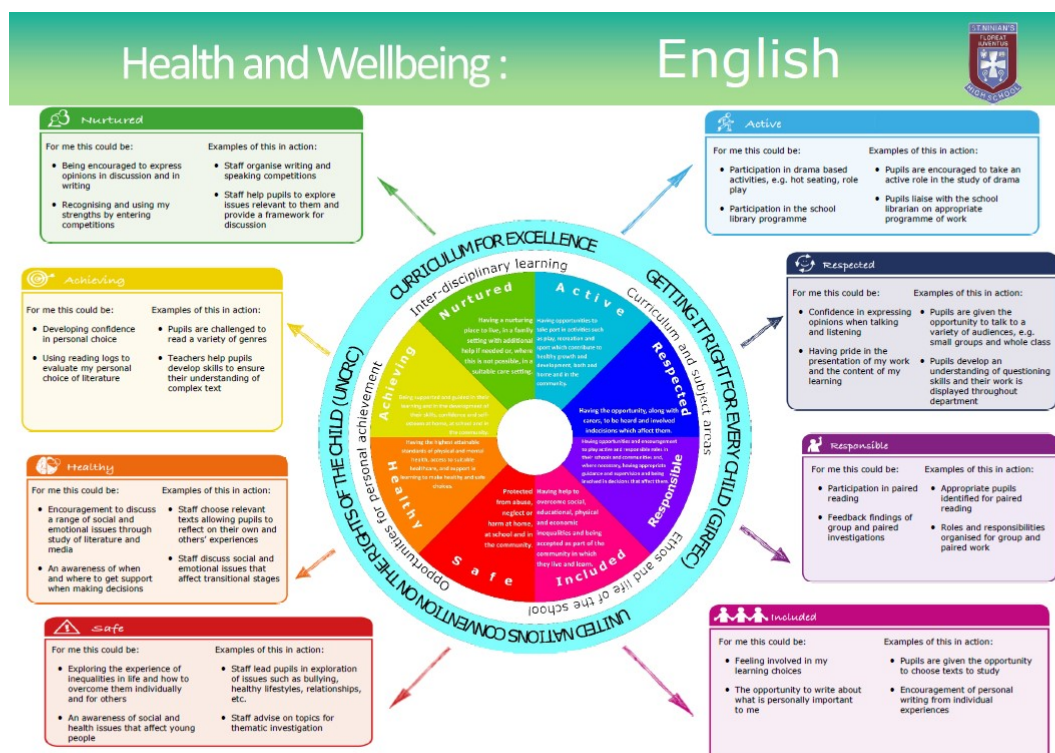
The excellent academic success that we have in St Ninian’s is the result of pupils being supported in all aspects of their lives.

Responsibilities of All include:

- Establishing positive and supportive relationships where young people will feel that they are listened to
- Creating an environment where young people feel secure in their ability to discuss sensitive aspects of their lives
- Promoting a climate in which children and young people feel safe and secure
- Modelling behaviour which promotes health and wellbeing and encouraging it in others
- Using learning and teaching methodologies which promote effective learning
- Being sensitive and responsive to the wellbeing of each young person

In every classroom there is a Health and Wellbeing poster displayed which highlights some of examples of how departments support pupils through the wellbeing indicators; **Safe, Healthy, Active, Nurtured, Achieving, Responsible, Respected and Included.**

These posters are specific to each individual department as they were produced by the department.



## The PSHE Booklet

In PSHE, every pupil has a booklet where they track their development of higher order skills and record their personal achievements and successes. They also record their participation in extracurricular activities.



In addition to this, pupils also reflect on their own wellbeing using the wellbeing indicators.

In S1-3, pupils work on developing the important skill of assessing their own health and wellbeing. In S4-6, pupils progress further and develop the skill of identifying where support is required and making changes for improvement. The skill of assessing their own health and wellbeing and identifying the necessary support will be required throughout their life beyond school into adulthood. It is important that they know support can always be found when required.

## The PSHE Programme

PSHE is an essential subject to support our young people in developing an understanding of their wellbeing. We have developed a PSHE programme that covers a variety of topics with the aim for pupils to develop an understanding of, and also support their own health and wellbeing. The topics are categorised under the headings: Relationships, Physical Activity & Health, Substance Abuse and Planning for Choices and change.

The course is progressive from S1-6 covering materials that are relevant and age appropriate for each year group. Within all of the timelines, there is a degree a flexibility to allow for additional topics and speakers to be included if required to meet the needs of our students as the year progresses.

In S1-3, the course covers a range of the Experiences and Outcomes and Benchmarks for Health and Wellbeing.

In S4-6, pupils continue to explore areas highlighted from the PSE document.

## Style and Content

PSHE is a discussion based class where pupils are given the opportunity and encouraged to discuss their views and work collaboratively with each other. Some of the topics covered include:

- Positive Mental Health
- Importance of sleep
- Healthy Eating
- Body Image
- Positive Relationships
- Anti-Bullying
- Substance Abuse (Alcohol/ Drug misuse)
- Self-Harm
- Financial Awareness/ Budgeting
- Healthy Eating on a Budget
- Coping Skills/ Resilience
- Study Skills
- First Aid Skills

In addition, we have a number of visiting speakers, with an expertise in many different areas, who offer presentations to support our PSHE programme.

## Focus of the Week



**Saint Ninian's High School**  
**FOCUS FOR THE WEEK**

**Happiness is contagious**

Please begin each day with the daily reflection and/ or the following prayer  
**Morning Offering**  
*O Jesus through the most pure heart of Mary, I offer the all my prayers, works, joys and sufferings of this day for all the intentions of Thy divine heart and particularly for the intentions of Our Holy Father, the Pope.*

The graphic features a central text box with a black border. On the left is a small icon of Jesus Christ. On the right is a blue and white dove with its wings spread. The text is in various fonts, with the main title in a large, bold, sans-serif font and the quote in a smaller, italicized font.

Each week, as well as the PSHE lesson, pupils will explore the Focus of the Week. This is key area which has been identified by our Head Teacher, Mr Docherty, and will be a common theme covered throughout the whole school.

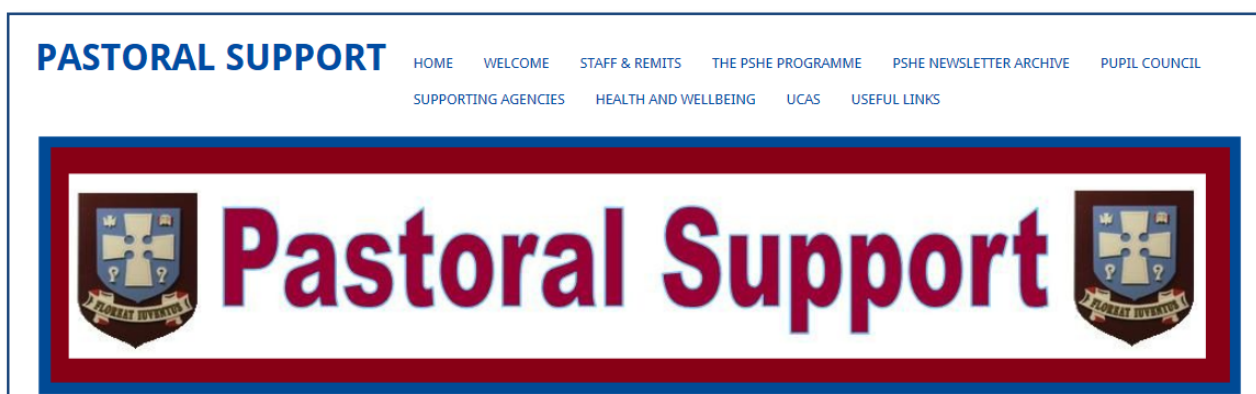
Some examples of **The Focus of the Week** are;

- Healthy Body Healthy Mind
- Mind set
- Stress; Cause, Effects & Coping strategies
- Responding to Bullying - what are my options
- Be the best that you can be: Values for Living & Learning

The Health and Wellbeing programme is designed to guide and support young people in;

- **Making Informed/positive decisions** to improve mental, emotional , social and physical wellbeing
- Applying mental, emotional , social and physical skills to pursue a **healthy lifestyle**
- Acquiring coping skills and Resilience to **face up to and learn from setbacks**
- Applying appropriate **strategies** to deal with the **difficulties** /potentially **dangerous situations** faced during adolescence.
- Having a Comprehensive knowledge of **who can help**
- Expressing clearly and **confidently** personal feelings, views and opinions
- Analysing the **diversity in society** and show an understanding of its complexities.
- Understanding the importance of **self-respect** and **respect for others**.
- Having Confidence to **contribute** to the whole school community.
- Understanding the importance of Gospel values i.e. **tolerance, respect, forgiveness** in relationships with others

The themes covered in PSHE are issued to all staff in a weekly newsletter. This newsletter as well as the PSHE timeline are published on the Pastoral Support website which is accessed through the school website.



## Faith Life



The Catholic ethos in St Ninian's High School is an important influence on pupil wellbeing. The development of the whole person is fundamental. Pupils can flourish through their spiritual development and can benefit greatly from their participation in the faith events in school.

Spiritual Health is a very important aspect of our school and we aim to offer many opportunities for our pupils to celebrate, develop and learn more about their Faith.

Holy Mass is offered three times a week (Tuesday, Thursday and Friday) at the start of the school day (8.25am). There is an opportunity for Eucharistic Adoration and the Rosary every Friday lunchtime and there is a Novena in the Oratory every Monday at 12.40pm asking for the intercession of the Venerable Margaret Sinclair. In addition, every class starts the day with a morning prayer and pupils take part in liturgical services as a class group.

The school is served by our school chaplains, Fr Stephen Baillie and Fr Jonathan Whitworth as well as Monsignor Monaghan who are regular visitors to the school. In addition to this, we are also very grateful for the support provided by the Parish Priests of our community.

The Oratory is a beautiful place for quiet reflection during the busy school day.



## Pupil Participation

### Extra-Curricular Programme

The Extra-curricular programme is extensive and gives every pupil the chance to get involved and participate in an activity/ sport that is of interest to them. This is a great way to form positive friendships and to develop socially and physically. The extracurricular booklet can be found on the school website providing details about each of the clubs.



### Health & Well Being Assembly

Health and Wellbeing is a core part of each year group assembly. This allows pupils to hear about important messages regarding their Health & Wellbeing.

The assembly also provides an opportunity to celebrate the many pupil achievements.



## HEALTH & WELLBEING





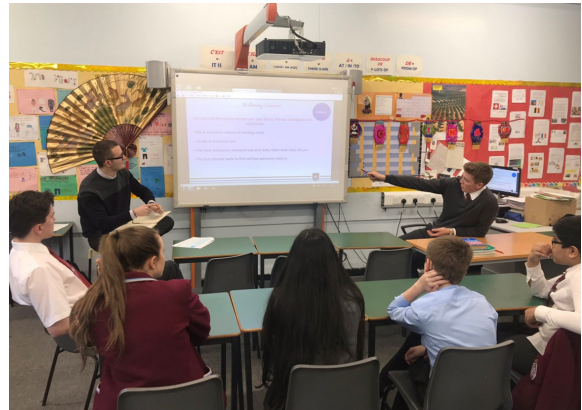
## Promoting Wellbeing Across the school

### 5 Ways to Wellbeing

During PSHE and Assembly, pupils have been introduced to the 5 Ways of Wellbeing. Evidence suggests that a small improvement in wellbeing can help to decrease some mental health issues and also help people to flourish.

The 5 ways to Wellbeing are:

- Connect
- Be Active
- Take Notice
- Keep Learning
- Give

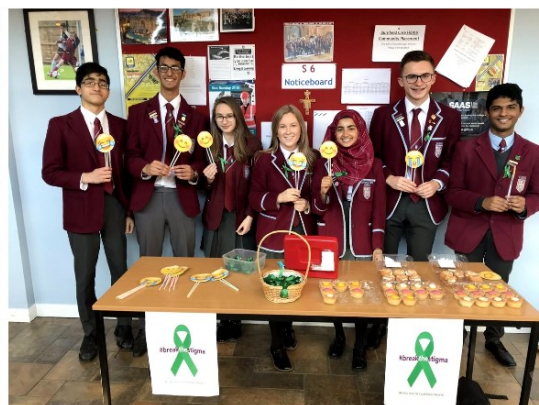


This is an area that we will continue to revisit throughout the year. A small group of S2 and S6 pupils have taken on the responsibility to put together a promotional video about the 5 Ways to Wellbeing. This video has been led by the pupils and will be used in PSHE and assembly in the near future.

### S6 Health and Wellbeing group

The purpose of this group is to raise awareness of various issues with a view to improving Health and Wellbeing across the school. They have been responsible for:

- Producing resources which are used in PSHE and assembly
- Leading activities in PSHE .g. Anti bullying presentation
- Designing the Wellbeing Walls around the school
- Raising awareness and money for different charities



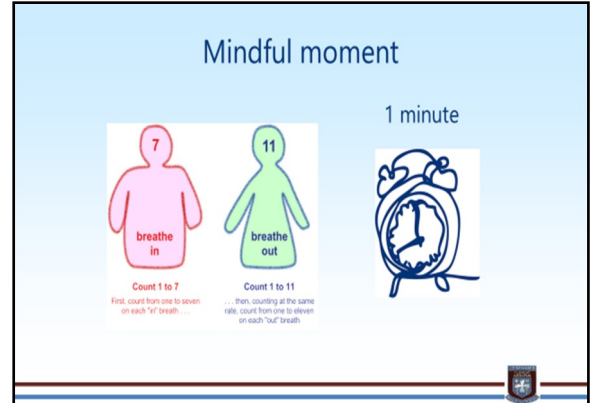
## Mental Health

All aspects of wellbeing are explored and supported across the school however, this year we have chosen to make Mental Health a key focus.

## PSHE

All PSHE lessons begin with a discussion regarding Mental Health. We aim to promote positive mental health and discuss proactive ways to combat issues that may arise. It also allows pupils to regularly discuss mental health, understand that it is normal and remove any stigma.

Pupils are also given the opportunity to practise Mindfulness.



## Staff Training

Staff were offered training regarding 'Supporting pupils to have a Positive Mental Health'. This was an excellent session providing practical advice.

## Mental Health Posters

Posters have been produced providing advice for pupils, parents and staff. The pupil and staff posters are displayed in the school. The parent poster can be found on the school website.

The poster is titled 'MENTAL HEALTH INFORMATION SUPPORT FOR PARENTS & CARERS'. It includes a 'Possible Warning Signs' section with a list of symptoms such as changes in eating/sleep habits, increased isolation, and self-harm. It also features a 'Sources of Support' section listing the Pastoral Support Teacher, Year Head, Samaritans, and local GPs. A quote at the bottom emphasizes the importance of responding to a child's mental health.

**OVERVIEW**

St Ninian's High School fosters the development of the whole child, with this, Health and Wellbeing is truly at the core of everything that we do.

As a school we have been continuing to lead pupils and staff in raising the awareness of health and wellbeing in the widest sense, looking at developing social, emotional, physical and spiritual wellbeing.

This leaflet has been designed to assist parents and carers by providing key information that can be a great support when dealing with mental health.

**Sources of Support:**

- Pastoral Support Teacher
- Year Head
- Samaritans – call free – UK (116 123)
- GP – Contact your local GP

**Possible Warning Signs**

There are many signs which indicate that a young person is / could be experiencing mental and emotional health issues.

**FACT: 1 in 10 Children experience a mental health condition in a year**

- Changes in eating/ sleep habits
- Changes in activity level e.g. giving up hobbies
- Increased isolation from friends/ family
- Becoming socially withdrawn
- Changes in clothing – long sleeves in summer
- Changes in academic achievement
- Signs of physical harm that are repeated or appear non-accidental
- Failure to take control of personal experience
- Talking / joking about self-harm or suicide
- Abusing drugs/ Alcohol
- Changes in activity/ mood
- Repeated physical pain or nausea with no evident cause
- Increased lateness/ absenteeism
- Secretive behaviour
- Difficulties with peer relationships
- Spending more time in the bathroom
- Seeming overly cheery after a bout of depression

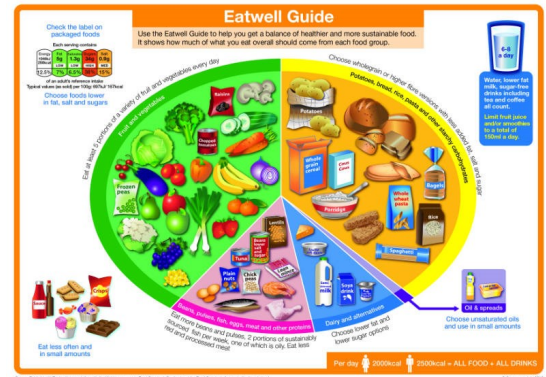
*Responding to your child's mental health is an important role as a parent/carer. Knowing your child and building a positive, trusting relationship with your child is at the heart of responding to their needs. Make sure to take time to talk and listen to your child. Spend quality time with them to ensure that they feel valued, safe and most importantly loved.*

# Food and Health

## Hospitality

All S1 pupils and for pupils undertaking Hospitality courses, it enable learners to develop and use a range of cookery skills, food preparation techniques and cookery processes through practical activities. Courses develop time management, organisational skills and basic food hygiene awareness and techniques.

Learners develop knowledge and understanding of ingredients from a variety of different sources and their uses. Courses also address the importance of responsible sourcing of ingredients and of current dietary advice. Pupils will develop the ability to select and use appropriate ingredients in the preparation of dishes, safely and hygienically.



## PSHE

Pupils also receive lessons in PSHE about nutrition, healthy eating and the importance of a balanced diet. We also discuss topics such as obesity, body image and eating disorders. The purpose is to educate pupils to enable them to make good choices and maintain a healthy balance.

In addition to this all S6 pupils take part in a 'Healthy Eating on a Budget' lesson as part of their PSHE course. This is a combined topic delivered through PSHE and Hospitality. Pupils attend a cooking demo delivered by our Hospitality department discussing healthy meals that can be made on a budget. The department have also produced a recipe booklet for pupils to take away and practise at home.

This lesson was developed with our pupils in mind as they leave us at the end of their 6th year and possibly moving out of their family home for student accommodation or employment.



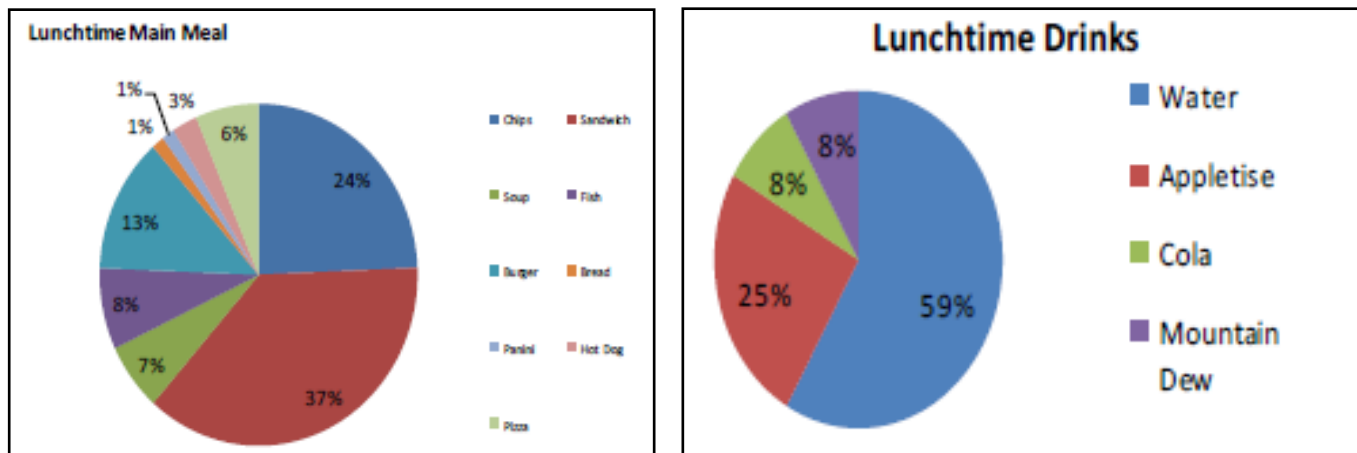
## Assembly

Pupils led and delivered a Severe Allergy presentation to the whole school through year group assemblies. The girls raised awareness over severe allergies with tips on how to spot and treat severe allergic reactions. They also tackled the social stigma that some allergy sufferers can suffer from.



## Our Canteen: Healthy Eating

A focus group of S2 and S3 learners volunteered to lead an audit of HWB in our school. They gathered data from a sample of classes and also met with canteen staff.



They will be expanding their work this year with view to promote Healthy eating across the school. Their plan is to:

- Lead and train new members to be part of the group
- Gather and evaluate more data
- Help to promote healthy options
- Speak to pupils (small groups, classes and assemblies)
- Continue to meet with the canteen staff

Much effort has been made by the staff of the canteen to promote healthy eating and to make healthy meals. Efforts include healthy eating posters, healthier lunches, with low salt options and baked meals. A sizable proportion of our young learners choose to drink water rather than fizzy drinks which shows a consciousness for a healthier lifestyle. We will continue to promote a healthy message and provide pupils with the information needed to make informed choices.

## Positive Relationships and Support

Each pupil is allocated a Pastoral Support teacher who offers a point of contact for pupils, parents and families. Pastoral Staff along with the Year Head will formally and informally track the progress and wellbeing of every pupil.

Intervention/ Support will be put in place at a school level and external agencies can be referred to who can offer additional support.

Teachers and staff are updated on a need to know basis about pupil wellbeing. This information is recorded in a confidential overview and allows staff to apply the correct / effective strategies to support a young person .

Pupils are reminded regularly of the support that is available to them and the importance of speaking to someone

<b>Support</b>	<b>How can they support you?</b>
Family and friends	Talking to someone close to you can instantly make you feel better. They can direct you in the right direction if further support is needed. It is important to always speak to an adult for serious matters.
Pastoral support teacher, Depute Head teacher, Class Teacher	Your Pastoral Support teacher, working closely with the Depute Head Teacher, will be your main point of contact if you experience a problem or difficulty. They are there to support you emotionally, mentally and physically as well as academically. In addition to this, all teachers are there to listen and support you in many different ways and will work closely with your Pastoral Support Teacher.
School Chaplain	Leads the liturgical and faith life of the school, celebrates mass on feast days and important religious occasions. He also has a pastoral role is available to support you in school.
Youth Counsellor	Their role is to support you in school if anything is worrying or upsetting you. For example a death, family relationship difficulties, friendship issues, feeling sad/ down, low self-esteem, not coping well.
Educational Psychologist	Meet and talk to young people about many different problems. They are there to listen and can help you in different ways. When problems don't seem to be going away even with the help of teachers or family members it may be helpful to meet with the educational psychologist
S6 Buddy/Tutor	As part of the S6 service, our 6th pupils work with the younger pupils in the school supporting them with a variety of things such as socialising, organisation and studying.

School Priority:

**Priority 4 - Raise attainment and achievement, promoting equity for all young people**

**Priority 5 - Prepare young people spiritually, intellectually & emotionally, encouraging involvement in school life and promoting opportunities to exercise leadership and personal responsibility**

<p>NIF Priority Improvement in children's and young people's health and wellbeing.</p> <p>Improvement in employability skills and sustained positive school leaver destinations for all young people.</p>	<p>HGIOS?4 Capacity for improvement: <b>Successes and Achievements QI: 3.1, 3.3</b></p> <p>Mental Health Strategy priority: Support people to manage their own mental health</p>
<p>Area</p>	<p>Description</p>
<p>Mindful Coping Art</p>	<p>The Mindful Art Programme is a well-being programme for pupils, which aims to integrate mindfulness and art. It aims to develop mindfulness skills, stress reduction, social and emotional learning and self-compassion for young people. The programme has 5 week sessions for the lower and upper school.</p> <p>Utilising the app 'stop breathe and think' the sessions focus on pupils taking ownership and control of their own mental wellbeing. They are offered art techniques by a local artist as a method of coping.</p>
<p>One to one counselling service</p>	<p>Miss S Cousins offers one to one counselling session via referral. The aim will be to offer coping strategies, resilience and support.</p>
<p>Communication comics</p>	<p>The communications comic group is aimed at boys who are struggling to communicate with their feelings towards peers, staff and parents and who also struggle with social situations.</p> <p>The aim of the group will be to develop skills in comic drawing, but also to help them articulate their thoughts and feelings through a social story board.</p>
<p>Rainbows</p>	<p>Rainbows help children who are grieving the loss of a parent or guardian due to death, divorce, deployment, or trauma. Rainbows uses age-appropriate curriculum to establish peer support groups in schools. The group offer advice and a caring environment for pupils to share their concerns</p>
<p>Personal development award</p>	<p>The aim of this will be for pupils to achieve units which are devised to increase confidence, set personal goals and targets as well as increase positivity. The aim is to allow pupils to explore their own wellbeing and identify areas to work on.</p>
<p>Young Carers group</p>	<p>A programme involving young carers in the school - specifically if they care for brothers or sisters with ASN. Working with care collaborative, it involves the carers inventing a support service which could potentially be presented to the Scottish Government, to support other young carers in the future.</p>
<p>Achieve Programme</p>	<p>The Achieve Team is a small targeted group of young people who will be working on developing a number of transferable skills through crafting and enterprising. The team will be working towards a Prince's Trust Award and SVQ credits and will be working to develop confidence and resilience.</p>
<p>Nurture Programme</p>	<p>The nurture group will support vulnerable students who have, for various reasons, been delayed in terms of social and emotional skills. The Nurture group in St Ninian's has been developed for those students who have barriers to their wellbeing and provides support and learning through a focus on health and wellbeing outcomes in a small group situation.</p>



## Reading to support Health and Wellbeing



Our librarian, Mrs Baird, has provided the following information to support our pupils.

### 5 H&WB reasons to get you reading

#### **A workout for your brain**

Reading fiction actually changes the way your brain works – for the better. If you connect to your story and your characters, the areas of the brain receptive to language and physical movement/sensation are heightened.

#### **Nightly night**

Reading before sleeping helps you forget the busy day and focus on being in the moment. Stop worrying about all the issues you have no control over and give your brain something else to do! A focused brain results in better sleep. It's a fact.

#### **Helps you make friends**

Reading fiction helps us to understand lots of different types of people and situations often very different from our own. This experience helps us in real life when forging relationships.

#### **Stress buster**

A study conducted by psychologists at the University of Sussex found that reading is a better, faster way to reduce stress than other common methods such as listening to music or taking a walk. For example, only six minutes of reading contributes to lower heart rates and reduced muscle tension.

#### **Be creative!**

You need to concentrate to read, this in turn stimulates your brain, which can then sharpen your creative thinking skills and can potentially inspire innovative work.



Pop in to the library for a H&WB reading list or if you want something more specific why not ask for a personalized reading list from Mrs Baird? And, remember it's all FREE!

## Pupil Voice

We asked the pupils for their thoughts. The table below gives some examples of how the pupils feel they are supported through the Wellbeing Indicators by the school and also by each other.

Wellbeing Indicator	How do we support pupils?
Safe	Teachers supervise, Anti-bullying, Feeling of community, friends help each other, Pastoral teacher keeps you safe, Make sure everyone knows that teachers are there for them, Make sure you are walking on the correct side of the corridor, Move between classes efficiently, Being able to trust others, Helping others, Reassure them that they are in a safe place, Knowing others will listen to you, Contact with pastoral teacher during PSHE, Visibility of teachers, The presence of social workers and police etc, Secure buildings, Talks in school.
Healthy	PE, Clubs that are good for physical health, Healthy lunch options, Home ec you're encouraged to eat healthy, CommonHealth games, PSHE, Encourage people to eat healthy, Encourage people to be themselves, Encourage people to go to clubs and get exercise, Encouraging healthy substitutes to junk food, Sleep well, Able to speak to teachers
Achieving	Lots of different opportunities, Talented athlete board, Rewards and awards- praised for the things you do at: assembly and twitter, Pupil of the month, Subject badges, Help people with homework if they are stuck, Invite people to study clubs, Celebrating other peoples success and not being jealous, Relationships with teachers
Nurtured	Good working environment, Teachers support, Homework clubs, Encourage friends to talk to their parents, Be a good listener if friends need someone to talk to, If someone wasn't living in a safe environment - pass it on to an adult, Including people in activities, Positive environment, Care from responsible adults
Active	PE, Extra-curricular clubs, Encouraged by teachers to attend clubs, Activity system, Santa dash, PSHE, Cross country, Ceilidh, Go to after school activities with people from your class, Encouraging others to be active and do it together, Duke of Edinburgh, Whole school event,
Respected	Listened to by teachers, HGIOURS, Friends respect you, S6 pupils are helpful, Make sure everyone has people to talk to and play with, Listen to everyone's points in a group project, Treat everyone equally, Treat people the way you want to be treated, Oratory—having time to attend, Being listened to and listening to others, Knowing people's names and speaking to them well, Pupil forum, Evaluation forms
Responsible	Representing the school at clubs, matches etc., Homework, Trips, When a teacher asks you to do something, Keeping yourself organised, Parts of the transition links, Keeping your work neat and tidy, Timekeeping, Help people make good choices instead of bad, If friends are hanging around with people who are not a good influence - try to give them advice. Being responsible for own actions, Having leadership opportunities like pupil council, sports leaders, Opportunities to represent class and school, Carry out experiments, Using technical equipment
Included	By your friends, Going to clubs, Being given opportunities, Uniform Assemblies, Accepted by others, The teacher will give pupils opportunities to answer in class, Being included in group activities, Talk to your friends on a weekly basis to see that they are okay, Invite friends to your house, Let other people join in your group, Treat everyone the same, Having opportunities open to us all, Being part of a group and people knowing each other, Talking to people we know and don't know



For more information about Health and Wellbeing at St Ninian's High school please visit our dedicated pages:

St Ninian's Health and Wellbeing Website

<https://blogs.glowscotland.org.uk/er/HealthandWellbeingWebsite/about/>

St Ninian's High School Promoting Positive Mental Health

<https://blogs.glowscotland.org.uk/er/snhpositivementalhealth/>



St Ninian's High School Pastoral Support

<https://blogs.glowscotland.org.uk/er/SNHPastoralSupportWebsite/>

You can also follow us on twitter

Main twitter: [www.twitter.com/stninianshigh](http://www.twitter.com/stninianshigh)

PE & HWB: [www.twitter.com/stninianshighpe](http://www.twitter.com/stninianshighpe)

