28/10/22

**Mental Health & Wellbeing Sessions**

At Hillhead High School we demonstrate a strong commitment to supporting the health and wellbeing of all our students. Pupils learn about mental health and wellbeing across the curriculum including within Personal, Social and Health Education (PSHE). As well as being well supported by the school Pastoral Care Team, pupils also have access to a wide range of wellbeing activities, which take place before, during and after the school day. These clubs and activities are advertised to pupils via their Year Group Teams pages, our pupil notice boards and via tannoy announcements. The list of activities can also be found on our website: <https://blogs.glowscotland.org.uk/gc/public/hillheadhigh/uploads/sites/7656/2022/09/11095020/FINAL-Hillhead-High-School-Weekly-Wellbeing-Activities-2.pdf>

This year, we would like to extend our commitment to supporting the health and wellbeing of students by holding a series of monthly sessions in school, designed to provide parents and families with a greater insight into a range of issues affecting mental health and wellbeing. These sessions will feature materials created by the NHS as part of their “Healthy Minds” resource which are going to be introduced into the S1 PSHE curriculum this year.

**Tuesday 8th November:** Mental Health Awareness

**Tuesday 6th December:** Body Image

**Tuesday 10th January:** Emotional Literacy

**Tuesday 7th February:** Loneliness and Isolation

**Tuesday 7th March:** Sleep

**Tuesday 18th April:** Resilience

The sessions will be held in person in school from 6:30-7:30pm and are aimed at parents and families. There is no need for your child to attend, though they can if you wish. The resources will also be delivered within the S1 PSHE curriculum. If you cannot attend, please do not worry as the resources will be made available via our school website.

Please note, the sessions are designed to provide general information and advice. If you have any specific concerns about your child, please discuss these with your child’s Pastoral Care Teacher. You can contact the school via telephone by calling 0141 582 0100.

If you plan to attend the first session on Tuesday 8th November, we would be grateful if you could use the QR code or the link below to help us to plan the event. If you are having any difficulties using the code or link please do not worry – you are still very welcome to attend.

<https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKYeyeapsJkdNvfcBq6pRkBVUMjJCTDZHR1ZHR01GMjQxSkNJWklSOFNNSy4u>

Kind regards,

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