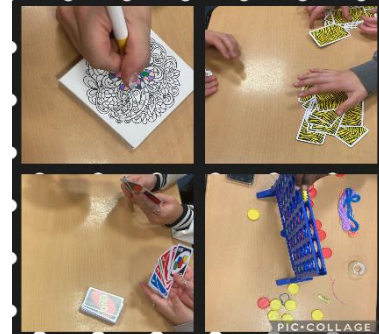


February Newsletter: Mental Health and Wellbeing

This newsletter is designed to give you a quick insight into some of the work the school ongoing in school to support the Health and Wellbeing of young people.

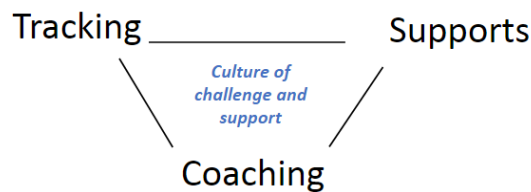
Wellbeing Activity Calendar

In August, Mr Gemmill (Head of PE) and the Wellbeing Working Group launched the school Wellbeing Activity Calendar. This calendar provides detail of a wide range of clubs and activities designed to support pupil wellbeing. From sports, reading, arts and crafts – there is something for everyone! This calendar is available on the school website here: [Wellbeing Activity Calendar](#)



Coaching

Mr Carson (Depute Head Teacher) has developed a comprehensive coaching system for pupils which provides an additional support for pupils in the Senior Phase. Pupils in S4 and S5 have access to a coach (a member of teaching staff) who they can turn to at any time for help and advice. Furthermore, coaching conversations are now part of our extensive offer of support for pupils undertaking options choices. As well as being able to speak to their Pastoral Care Teacher, our S3 students have the opportunity to have coaching conversations with trained S6 students as part of their options choice process. This peer coaching provides an optional additional layer of support.



Mental Health and Wellbeing Sessions for Parents

Miss Campbell (Pastoral Care) has been running monthly sessions for parents and families to provide more support and information about a range of mental health issues which affect young people. These sessions are very informal and parents who have attended have found them very helpful.



Health and Wellbeing Sessions

Introducing monthly sessions for parents and families to learn more about how to support your child's mental health. All events run from 6.30-7.30pm in school. Sign up for sessions via the QR code!

Session Topic	Date
Mental Health Awareness	Tue. 8 Nov.
Emotional Literacy	Tue. 6 Dec.
Sleep	Tue. 7 Feb.
Body Image	Tue. 10 Jan.
Loneliness and Isolation	Tue. 7 Mar.
Resilience	Tue. 18 Apr.



KINDNESS AMBITION INTEGRITY RESILIENCE RESPECT

The next session is about Loneliness and isolation and runs in school on Tuesday 7th Feb from 6.30-7.30pm. You can sign up here if you are interested: [Sessions for Parents and Families](#)

Mental Health and Wellbeing Information Booklet

We have launched a new information package about the range of health and wellbeing supports we offer at Hillhead High School. All this information is available at a glance in one place on our website, and information booklets are available in school: [Information Booklet](#)



Teacher Professional Learning

Our teachers demonstrate a strong commitment to supporting the health and wellbeing of our young people. Health and Wellbeing is the focus of our next whole staff meeting at the end of January. Teachers also continue to undertake a range of individual professional learning relating to mental health and wellbeing. For example, a number of our teachers are trained Mental Health First Aiders.



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We hope you have found this newsletter helpful. If you have any questions about the information in this newsletter, please do not hesitate to get in touch with the school either via the school office 0141 582 0100 or by contacting Kirstin Campbell (Principal Teacher of Pastoral Care) directly at: gw19campbellkirstin@glow.sch.uk

