



# Health & Well-being Newsletter

Spring 2019

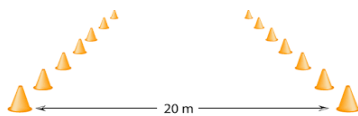
At Greenfaulds, we strive to promote the Health and Well-being of all of our pupils. There are a number of ways that your child can participate in Sport, Physical Activity and also activities that promote good mental health.

We would encourage you to motivate your children to participate in at least one of the activities we deliver or suggest per week. If your child cannot make one of the extra-curricular clubs at school due to other commitments, I have suggested some events that could be completed by the family at the weekend.

## Health and Well-being – Pupils

### Pupil Yoga

Yoga is a new initiative that we have started this year within the school and it is particularly good for pupils who suffer from stress and/or anxiety. If this is something that you feel may be of benefit to your child then please tell them to come and try it out. These sessions will be based around mindfulness practice, breathing exercises and muscle relaxation techniques and aim to improve mental state of mind before leaving school, with exercises they can use at home or at other times within school. Staff have been enjoying the yoga programme to destress on a Friday afternoon and have been sleeping better as a result.



### Fitness Testing in PE – S1

We are going to be completing Bleep Testing with S1 pupils in PE as part of a fitness block. We will do this test in August when pupils start back and then repeat the test after the fitness block in January and then at the end of the year to see if pupils can make any improvements to their physical fitness. Scores will be sent home so you can monitor your child's progress. S1 pupils will be sent home a Health and Well-being Challenge card to try and implement some additional physical activity with the family at home.

## Extra-Curricular Health and Well-being Activities

### Every morning:

Breakfast Club: 8.30 am

### Tuesday

Lunchtime: Volleyball

Afterschool: Volleyball  
3.45-4.30pm

### Wednesday

Lunchtime: Dance

Afterschool:  
Pupil Yoga: 3.45-4.30pm  
Netball: 3.00-4.00pm

### Thursday

Lunchtime: S1 Fitness Gym

Afterschool: Athletics 3.45-4.45pm

## GHS Sanctuary



The school has started an Instagram page that promotes all things Health and Well-being so please give us a follow @ghs\_sanctuary. We will include pictures of our groups in action so you can see the pupils at work. We will also use this page to advertise new initiatives and to remind pupils about the day's each activity is on.



### PE Plus (kmcbride@greenfaulds.n-lanark.sch.uk)

Greenfaulds High work in partnership with PE Plus which allows pupils access during school to the benefits of Physical Activity with a professional Health and Wellbeing coach. This approach is very different to school PE, it is designed to help pupils overcome issues such as stress, anxiety, low self-esteem, body weight, behavioural/concentration problems, etc. Pupils are expected to commit to regular activity outside of school and set targets with the coach every month. This has proved successful in helping pupils feel better about themselves whilst also positively impacting the level of work being displayed in classes across the school. Pupils or parents can speak to either Pupil Support teachers or Mr. McBride in PE if they feel this is a programme which could be of benefit.

### Nurture Group (lgilchrist@greenfaulds.n-lanark.sch.uk)



The Nurture group within the school have been applying mindfulness, motivational and kindness tasks to try and stimulate a Growth Mindset in our pupils.

They have been taking part in guided meditation for 20 minutes on a Friday to help us unwind at the end of the week.

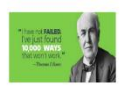
As part of 'Kindness Week' pupils picked a random act of kindness challenge card. We spoke about how the random act of kindness would make others feel and how it made them feel when they had carried it out.





### FAILURE

Failure is good! Why?



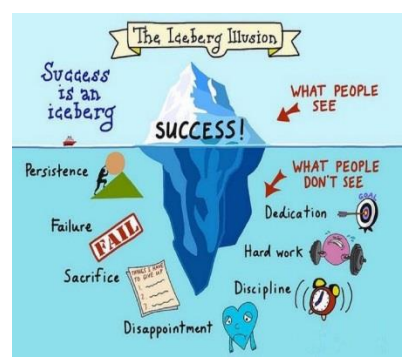
- ✓ People who succeed always experience failure.
- ✓ If you are not failing you are not learning.
- ✓ The road to success is paved with failure.
- ✓ The process you used was wrong not you. Learn the best method.
- ✓ Remember you learn better and more from your failures
- ✓ The real failure is if you stop trying.

Do not be ashamed or embarrassed if you fail at something. You need to learn from this important part of the process. If you do fail, pick yourself up, ask for help and move on.

## Growth Mindset

Growth mindset refers to a learning theory developed by Dr Carol Dweck. It revolves around the belief that you can improve intelligence, ability and performance. The opposite, a fixed mindset, refers to the belief that a person's talents are set in stone. Years

of research have demonstrated that mindset is malleable, meaning that we can help students to learn more effectively and efficiently by changing their mindset from a fixed mindset to a growth mindset.



## Samba

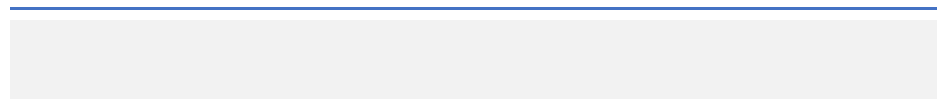
2019 sees the continuation of our PEF Samba project providing a targeted group of pupils in S1-S3 with an opportunity to perform as part of a Samba band once per week. Pupil Equity Funding has allowed the school to invest in new Samba instruments specifically for this project. Each week students build confidence by learning to play a new style of music and develop their self-confidence and ability to work as part of a team when they take part in a performance at the end of each lesson. To date more than 160 students have taken part in the project and we will be extending invitations to participate to more students in S1-S3 as well as taking the project out of school for a performance in the local community later in the 2018/19 session.

## Home School Partnership (lhoy@greenfaulds.n-lanark.sch.uk)

The Home School Partnership Officer in Greenfaulds High School runs group work programmes to offer extra support to pupils. Please contact the school if any of the groups mentioned may be appropriate to your child.

## Living Life to the Full (lhoy@greenfaulds.n-lanark.sch.uk)

Living Life to the Full is a self-help programme, designed to support young people who are experiencing low mood and/or anxiety and does so by using a cognitive behavioural therapy approach, within a small group framework. This is an 8 week programme and all the accompanying materials were written by Dr Chris Williams, who works at the University of Glasgow. It has been run many times now in school very successfully.



## Seasons for Growth (lhoy@greenfaulds.n-lanark.sch.uk)

Seasons for Growth is an 8 week programme that has been designed to support young people who have experienced bereavement and / loss and does so by exploring issues such as change, managing feelings, coping strategies and support networks.

## Health and Well-being - Family Engagement

We have recently started some new initiatives within the school to provide opportunities for our pupils and their families to participate in a range of Health and Wellbeing activities together.

## Family Gym Block (kdoyle@greenfaulds.n-lanark.sch.uk)

The Sport and Healthy Lifestyle Department would like to invite parents and pupils in to work together to use the school's fitness suite. We would induct parents and pupils and familiarise them with the gym and give them a programme of work for a block of 6 weeks.

This would hopefully be a taster that could encourage you to join a local gym or come back and do a second block of work in the school. This will run on a Tuesday from 4.15-5.15pm and will start in March.

## Parent Cooking Classes – Feeding the Fussy One (kdoyle@greenfaulds.n-lanark.sch.uk)



We have had a successful 6 week block of Parent and Pupil cooking classes in the Home Economics Department where parents and their children worked together under the guidance of Miss McKean in our Sport and Healthy Lifestyle Department.



This activity was to give parents and pupils budget, quick, easy recipes for the families to make and take home to try. This would be a great opportunity for you to work together with the school in promoting healthy eating at home. I'm sure picking up some easy, quick recipes will be beneficial for dinner time too. We will give you a shopping list and a recipe book home with you to recreate at home what you have learned at the classes. Block 2 will run from May to June. Feedback from these sessions from parents was positive in that it was nice to spend time with their children with no other pressures to think about.

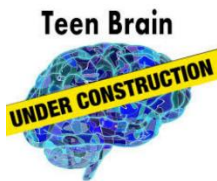
## Positive Parenting Programme (lhoy@greenfaulds.n-lanark.sch.uk)

The Positive Parenting programme is an 8 week course produced by Future Childcare Training Limited. These materials are designed to raise confidence and self-esteem in parents and to give positive strategies in working with their teenagers behaviour. The group meets for 2 hours one evening a week.

### **Why do we put so much pressure on children?**

**As adults we have slow days, down days, sad days, happy days. As adults we have days where we just want to nap and eat cake. So why do we expect so much from our little people? They're still growing. Still learning. Still developing. Still human.**

## Teenage Brain Workshop ([kadler@greenfaulds.n-lanark.sch.uk](mailto:kadler@greenfaulds.n-lanark.sch.uk))



### Teen Brain

On March the 5<sup>th</sup> we will be holding our third teenage brain workshop for parents/carers and their teenager. This evening workshop from 6-8pm provides parents and pupils with information about adolescent brain development and uses this to explain some of the behaviours of teenagers. By knowing more about how the teenager's brain works it can help adults and young people to understand their behaviour better – Why they may take risks, sleep **a lot**, be impulsive, emotional, rebellious, disorganised, distracted and late!



## Boundaries and Routines Workshop – S1 Parents only ([ajack@greenfaulds.n-lanark.sch.uk](mailto:ajack@greenfaulds.n-lanark.sch.uk))



Our Family Link Worker, Andy Jack, will be leading Boundaries and Routines workshops for S1 parents within the school. All 3 of the workshops are based within Greenfaulds High School and refreshments will be provided. The days and times of the workshops will be:

(Option 1) Thursday Afternoon	(Option 2) Thursday Evening
2 pm - 4pm 7 <sup>th</sup> March 14 <sup>th</sup> March 21 <sup>st</sup> March	4pm-6pm 7 <sup>th</sup> March 14 <sup>th</sup> March 21 <sup>st</sup> March
12 places available	12 places available

## 10 week Solihull Approach Parenting Group



This March Mrs Adler and Miss Gilchrist are running their first Solihull Approach

Parenting Group. This 10 week course aims to support parent/child relationships through an understanding of your child's behaviour. It is intended for parents and carers who want to know more about sensitive and effective parenting and provides a framework for thinking about parent/child relationships, which can be developed into a lifelong skill. This in turn promotes effective behaviour management. The parenting group also aims to increase confidence and self-esteem in both parents and children and provide parents with a strategy for repair when things go wrong.

Each session will last from **6.00pm-8.00pm**, including a refreshment break.

- Session 1: Wednesday 13th March – Introduction to the Solihull Approach
- Session 2: Tuesday 19th March – How are you and your child feeling?
- Session 3: Tuesday 26th March – Tuning into your child's developmental needs
- Session 4: Wednesday 17th April – Responding to your child's feelings
- Session 5: Thursday 25<sup>th</sup> April - Parent-child partnership – having fun together
- Session 6: Tuesday 30<sup>th</sup> April - Different styles of parenting
- Session 7: Thursday 9<sup>th</sup> May -The rhythm of interaction and sleep
- Session 8: Tuesday 14<sup>th</sup> May - Self-regulation and anger
- Session 9: Tuesday 21<sup>st</sup> May - Communication and attunement – how to recover when things go wrong
- Session 10: Wed 29<sup>th</sup> May - Celebration

If you think your child would benefit from any of the programmes outlined then please contact the appropriate teacher. If you would like to become involved in any of the initiatives the please fill in the tear off slip below ticking the appropriate box. I hope to see you and your children taking advantage of these opportunities.

Thanks for your time,

K Doyle

PT Health and Well-being/Engagement/P.E Teacher

**Family Engagement Workshops – if you are interested in attending please return this page to school office.**

Name: \_\_\_\_\_

Child/Children's Names: \_\_\_\_\_

Feeding the Fussy One

Teenage Brain Workshop

Boundaries and Routines

Positive Parent Programme

Family Gym Induction

Solihull Parenting Group

Signed: \_\_\_\_\_