

RESPECTING RIGHTS



NEWSLETTER

A NEWSLETTER FOR YOU!





What is the RRS Committee?

EDITOR - MISS MCQUADE/MISS MILLIGAN

We are a group of teachers and pupils working towards ensuring that the UN Convention on the Rights of the Child are at the heart of our school community. We want to ensure that everyone understands their Rights and ways to use them in a safe, understanding and respectful environment ©

RRS STAFF COMMITTEE

Mental Health Awareness

WHAT IS MENTAL HEALTH?

Mental health problems range from the worries we experience as part of everyday life to serious long-term conditions. Some may have strategies to cope with these issues while others might need additional support. Both of these are ok!

REMEMBER!

We <u>ALL</u>have mental health just like we all have physical health. Sometimes we feel well and others we don't simple!

If you wish to speak to someone about worries and issues then there is plenty of help out there, including:

Young Minds - 08088025544

Scottish Association for Mental Health - 03448000550

Scottish Association for Mental Health - 03448000550 Place2be - Text CONNECT to 85258 to contact **Shout** (in partnership with Place2Be

Mrs Lowry -Social Subjects (Lead)

Ms Morrison - DHT

Ms Banks - PE (PTPS)

Ms Hannah - Modern Languages

Mr O'Donnell - Modern Languages (Senior School Lead)

Mr Armour - Maths (Lower School Lead)

Ms Hawson - Art
Mr Cassidy - RE (PT)
Ms Campbell - Social Subjects
Ms McQuade - Social Subjects
Ms Milligan - Social Subjects
Ms Veldon - Social Subjects (PTPS)