

<p>Peebles High School Leadership Policy Paper</p>	 <p>One Peebles</p>	<p>Wisdom Compassion Integrity Justice</p>
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Title	Health
Quality Indicator	3.1 Ensuring Wellbeing, Equality and Inclusion
Strategic Lead	Siobhan Milligen
Date	August 2024
Vision	<ul style="list-style-type: none"> • Every young person knows how to access wellbeing support • Mental Health Ambassadors effectively lead on raising mental health awareness at PHS • Every young person has a clear understanding of the harm caused by substance use
Outcome Statement 2024-25	<ul style="list-style-type: none"> • Mental Health Ambassadors (made up of S5/6 volunteers) will become the main driver of mental health awareness • PHS will work closely with services such as Quarriers and School Nurses to ensure appropriate support for young people • Pastoral staff will use IAmMe Scotland resources when delivering substance use education
What? How? When? Who?	<p>August-October:</p> <ul style="list-style-type: none"> • All S5 students receive mental health awareness session from Quarriers • Mental Health Ambassador Training for S5/6 student volunteers • Creation of Mental Health Action Plan (MH Ambassadors in collaboration with Quarriers and SM) <p>November-December:</p> <ul style="list-style-type: none"> • MH Ambassadors to deliver PSE input to all S4 PSE classes • Alcoholics Anonymous talk for all S5/6 students <p>January-February:</p> <ul style="list-style-type: none"> • MH Ambassadors to run an event in school for Time to Talk Day <p>March-June:</p> <ul style="list-style-type: none"> • MH Ambassadors to deliver part of year group assemblies • All year groups are delivered substance use education lessons in PSE

	<p>Throughout:</p> <ul style="list-style-type: none"> - SM to continue to share wellbeing resources and services with young people through Teams and pupil bulletin - Pastoral team to make referrals to services where appropriate for individual students - SM is member of the SBC Substance Use Education group who will continue to review and update lesson
Parent input	Parent Council representative
Pupil input	Mental Health Ambassadors and pupil survey on substance use lessons
Next Steps 2025-26	<ul style="list-style-type: none"> • Mental Health Ambassadors programme to continue with new students recruited • Review of Substance Use resources after receiving pupil feedback on IAmMe Scotland resources