

Fortrose Academy Mental Health & Wellbeing

Edition 2

June 2022

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Introduction

Welcome to our second edition of our Mental Health & Wellbeing newsletter. We have had a busy term and hope this newsletter highlights the work we are doing to support positive mental health in our school community.

On Tuesday 21 June we were privileged to have a visit from Tracy Johnston, Senior Education Officer for Health and Wellbeing with Education Scotland, and Nicky Grant, Executive Chief Officer, Education, Highland Council. Their focus was to find out about the Health and Wellbeing curriculum delivered in Fortrose Academy. They met with staff involved in delivering the curriculum and groups of pupils. The positive feedback from both Tracy and Nicky on what we have been doing was very motivating indeed and a tribute to the hard work of school staff, partners and young people!

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Seasons for Growth

In March, a number of teachers and PSAs from across the ASG took part in the Seasons for Growth training. The Seasons for Growth programme is aimed at young people between 6 and 18 who have suffered with change, loss or bereavement. It aims to strengthen the social and emotional wellbeing of the young people through activities and peer discussions.

Please find a link below to more information which explains a bit more about Seasons for Growth.

<https://clbhighland.com/cyp-programme/>

If you think your child would benefit from being part of a Seasons group, please get in touch with the Guidance department.



Lifeskills



All S2 and S3 Lifeskills classes have had input from the RASASH team. The lessons have focused on keeping safe online and understanding sexual violence and harassment. These lessons have been very well received by our young people and we have had great feedback from RASASH. Our young people engaged in meaningful discussion and learnt some important lessons that will help them to keep safe in the future.

We look forward to RASASH coming in again next session to present to our senior students.



RASASH

Rape and Sexual Abuse Service Highland

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Health & Wellbeing Working Group



Our Health and Wellbeing Working Group meets regularly to look at improving pupil and staff wellbeing across our school and our ASG.

The group is made up of school and ASG staff, Highlife Highland YDO, Improvement Officer with Highland Council and pupils – a great model of partnership working.



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Staff Wellbeing

As a staff, we had our first return to a 'normal' in-person collaborative meeting during the in-service day in May.

Staff enjoyed the opportunity to reconnect in this way.



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Scottish Counselling Service

Three counsellors from the Scottish Counselling Service are based in Fortrose Academy for 2 days every week.

Pupils can self-refer or can be referred to the service through their Guidance teacher. Information and FAQs can be found here: <https://fortrose-academy.sessionondemand.co.uk/>

This is a Scottish Government initiative and feedback from young people who have accessed this service has been extremely positive.

The service continues throughout the holidays.

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Breakfast Club

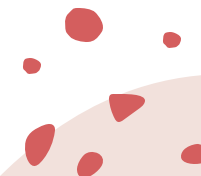


Lisa Mackay, Pupil Support Assistant, runs Breakfast Club every morning in Kitchen 1. It's becoming very popular with lots of pupils dropping in as they arrive off buses.

The choice is amazing and varies from week to week. Who wouldn't be tempted by the smell of freshly made toast wafting down the corridor?

This isn't just about making toast, though. We are helping pupils to get ready to learn by making sure they have started the day with the appropriate nutrition, so they can be at their best during the morning's classes.

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Pets as Therapy



Our therapy pets, Erica and Murphy, have been a fantastic resource for us at Fortrose Academy. They have helped some of our young people deal with anxiety and challenges. They always listen very carefully and they never make judgements!

We are very grateful to Angela and Michelle for letting Erica and Murphy work with our young people.

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Going Forward Together



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