

# Fortrose Academy Mental Health & Wellbeing

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Edition 4

April 2023

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# Introduction

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**Welcome to the fourth edition of our Mental Health & Wellbeing newsletter.**

We continue to work towards supporting positive mental health across our school community. This newsletter showcases some of the activities and events our pupils and staff have recently been involved in.

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# Mental Health Ambassadors



At Fortrose Academy we recognise that the mental health and wellbeing of our whole school community is key and is at the heart of who we are as a school. Last term we created a group called 'Mental Health Ambassadors', pupils from all year groups who meet regularly and have the opportunity to speak about what matters to them.

The group allows pupils to take a lead role in developing a supportive and positive ethos within the school, and challenge stigma around mental health. The group have played an active role by attending various meetings and creating a Trusted Adult survey for all pupils.

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# Highland Lifestyle Survey 2023



During the last 2 weeks of the Spring term, all pupils in S2 and S4 carried out a Lifestyle survey during Lifeskills classes.

All schools in Highland are asked to participate in this survey, so that a view of the lifestyles of young people across the whole of Highland is gathered. We will also be provided with the data from our own school. This will help us as we plan how to support our pupils' wellbeing.

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# Rape and Sexual Abuse Service Highland (RASASH)



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The RASASH team delivered sessions to our S1 and 2 Lifeskills classes on 'What Is Sexual Violence and Sexualisation'?

The focus for S3 pupils was 'Pornography and Social Media' and the focus for S4s was 'What Is Sexual Violence and How Can We Prevent It?'

Our young people engaged well in these sessions and found the information valuable. We thank RASASH for ongoing partnership working. These sessions will help our young people keep themselves safe.



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# S1 Lifeskills

S1s have been looking at friendships, toxic friendships and are now exploring bullying.

During Mental Health Week we focused on connection - what connects us human beings to one another and the world around us. Pupils created postcards with their likes, dislikes and hobbies.



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## S2 and S3 Lifeskills

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S2 classes have been researching the short and long term effects of drugs misuse and the legal consequences of such misuse. They are now focusing on internet safety. Time was spent explaining the Options forms, and the choices young people have to make as they move into S3.

S3 students have been looking at 'The Baby Borrowers' experiment, where teenagers look after babies and toddlers, and the challenges and difficulties they face. They had to discuss how they would have dealt with various scenarios they observed.

# Health & Wellbeing Working Group



## *Spring into Summer Staff Sessions*

Members of the Health and Wellbeing group have organised a series of activities for school staff. These include fitness sessions, yoga, kempo taster, art, craft and baking sessions.

These activities give our staff a great opportunity to wind down and socialise with each other.

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# SQA Mental Health & Wellbeing Award



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We have 14 S5 pupils who have volunteered to undertake a unit of the SQA Mental Health and Wellbeing Award. This unit focuses on coping strategies and building resilience.

This enthusiastic group is building a toolkit they can use in their own lives while also getting SQA recognition. The group have been researching resilience and growth mindset. This term they have been active participants in self-care. They took part in mindfulness, yoga and breathing exercises. They have also been taking a closer look at positive mindset and how it has a huge impact on people's growth and success.



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# Bullying Survey

All pupils from S1 to S6 were asked to complete a survey about bullying. These results will be collated and analysed and used to help us to decide our next steps, as a school, to promote positive relationships within our school community.

Results will be presented to pupils at assemblies later this term.

Click [here](#) to access our 'Positive Relationships and Bullying Prevention Guidance' document.



Positive Relationships and  
Bullying Prevention Guidance

**Bullying - what can I do?**



This leaflet has been written to accompany the Highland Care and Learning Service - Positive Relationships and Bullying Prevention Policy and Guidance.

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# Mentors in Violence Prevention (MVP)

Mentors in Violence Prevention, an Education Scotland initiative, is a peer mentoring programme that gives young people the chance to explore and challenge the attitudes, beliefs and culture that underpin all forms of gender-based violence in our society.

Seven member of staff from across the school will be trained in May. These staff will then train our senior pupils to go into younger classes and work with the pupils about how to address behaviours including physical violence, name-calling, sexting, coercive and controlling behaviour and harassment. This will help our young people to challenge their peers appropriately while keeping themselves safe.

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# Mental Health and Wellbeing support

Click the links for further useful information



InsightTimer



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# Going Forward Together



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