

# Fortrose Academy Mental Health & Wellbeing

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Edition 3

November 2022

**Respect . Unity . Ambition**





# Introduction

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

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

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# Trip to Highland Council HQ

On Thursday 29 September we were invited to Highland Council Chamber by Nicky Grant, Executive Chief Officer Education and Learning, to present to the Education Committee.

Eight young people - Katherine Holm, Sam Fraser, Emily Grist, Emma Young, Orlagh MacIver, Loreta Vitola, Morag Davies and Adam Urquhart - delivered an outstanding presentation on the work done in school, and their involvement, around supporting health and wellbeing.



# Prevention and Intervention Team



We were delighted to have PC Kevin Taylor in to talk to all S1 classes. During this session, the devastating impact of Serious Organised Crime were discussed through the medium of video clips and discussion. All pupils engaged fantastically well.



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# S1 Lifeskills



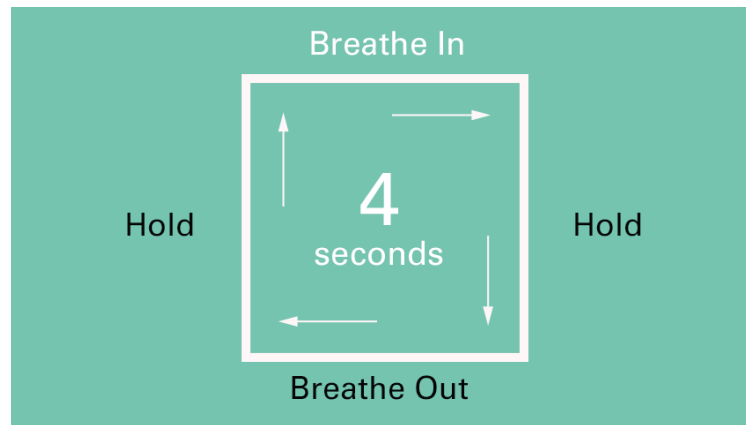
We have been discussing emotions with S1 classes, and the importance of talking about our emotions. The pupils have been identifying early warning signs for when emotions are beginning to take over, and we are looking at strategies to help support our wellbeing. Some examples are below.

Some websites and apps are at the end of this newsletter.

**GROUNDING WITH YOUR FIVE SENSES**

What are they? →

5 THINGS YOU CAN SEE		<b>SUN</b> PICTURE ON THE WALL PEOPLE WALKING
4 THINGS YOU CAN FEEL		<b>WIND BLOWING</b> FEET ON THE FLOOR PENCIL IN HAND
3 THINGS YOU CAN HEAR		<b>BIRDS CHIRPING</b> CLOCK TICKING CAR HORNS
2 THINGS YOU CAN SMELL		<b>FOOD FROM THE CAFETERIA</b> LAUNDRY DETERGENT ON CLOTHES FRESH CUT GRASS
1 THING YOU CAN TASTE		<b>MINT</b> Breakfast TOOTHPASTE



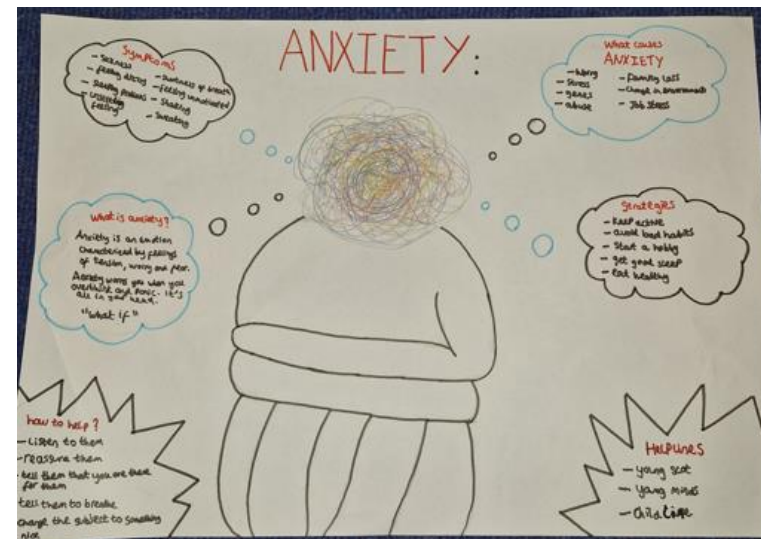
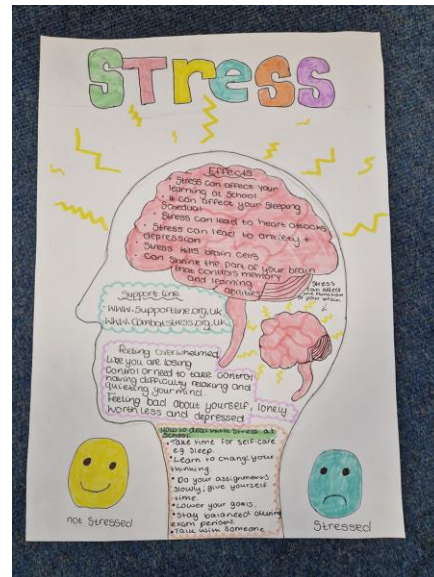
# S4 Lifeskills



## Ask Twice

S4 pupils have been discussing mental health and researching different supports that are offered to young people. We have been highlighting the importance of 'Asking Twice' how some is to open dialogue with friends and family about their mental wellbeing.

Look at some of the fantastic posters our young people have been making which are going to be displayed around the school.





# Wellbeing Survey

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All pupils from S1 to S6 have been asked to complete our second wellbeing survey. The results are collated by Highland Council and are then used to inform our next steps, as a school, on improving the wellbeing of our young people.

Pupils will have the opportunity to take part in a working group to analyse the results and put some ideas into action.



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# Health & Wellbeing Working Group



Our Health and Wellbeing Working Group is back up and running and we have lots of great ideas of supporting the wellbeing of our pupils, staff and wider community.

Our next meeting is on 5 December 2022 where a range of partners will be invited to take these projects to the next stages. Watch this space...!



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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. Next steps are looking at self care, different types of support available and ways to address barriers to these support.



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# Mental Health and Wellbeing support



InsightTimer



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# Internet Safety Advice

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CEOP are launching a 12 day festive countdown on Thursday 1st December which offers practical tips, information and advice to help parents and carers with keeping their children safer online over the school holidays.

Follow #CEOPFestiveCountdown on Facebook and Twitter for information next Thursday.

The CEOP/Think You Know website is a fantastic resource for young people and parents and carers, please take a look at how you can support your young person at home.

<https://www.thinkuknow.co.uk/parents/>



# Positive Relationships - Respect for All

Our aim is always to provide a school environment that promotes respect and positive relationships. Prevention and early intervention of behaviours such as bullying reduces the number of incidents and creates a safe place for our students to learn.

We follow procedures outlined by Highland Council on recording and monitoring of bullying incidents within the school.

Click [here](#) to access '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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# Going Forward Together



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