

Fortrose Academy Mental Health & Wellbeing Newsletter

Winter 2023

Respect . Unity . Ambition





Introduction

Welcome to our winter edition of our Mental Health & Wellbeing newsletter.

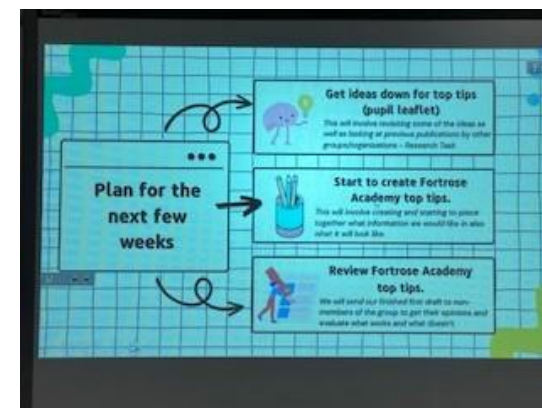
We continue to work towards supporting positive mental health across our school community. This newsletter showcases some of the activities and events our pupils and staff have recently been involved in.

We hope you all enjoy a relaxing Festive Season!

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Mental Health Ambassadors

Our Mental Health Ambassadors meet every second Wednesday lunchtime in Miss West's classroom. One of the sessions was led by Jacqui Simpson (Pupil Support Assistant) who shared some useful tools to help reduce anxiety. The group are developing a guide for students on tips for managing your mental health.



We got Bronze!



Miss Mellis and her pupil steering group, consisting of 24 enthusiastic young people, have worked very hard to review our school practice and complete our Bronze application form.

We were delighted to hear from the Rights Respecting Schools Award Professional Adviser that we successfully achieved our Bronze Award.

Congratulations to Miss Mellis and her steering group.

Next stepSilver!



**UNICEF UK
RIGHTS RESPECTING
SCHOOLS AWARD**

BRONZE – RIGHTS COMMITTED

Safe **R**espected

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Anti-Bullying Week - 13-17 November



Here's some samples of the work of Lifeskills classes completed during Anti-bullying week. They're displayed in Room 29.

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



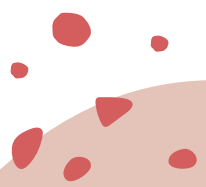


Mentors in Violence Prevention (MVP)

Senior pupils, MVP Mentors, have been delivering lessons and working with S2 pupils on 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.



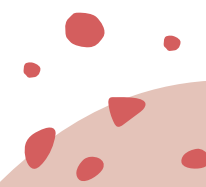
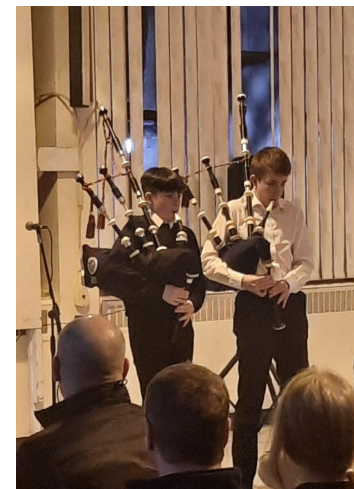
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Winter Concert

Our first concert since Christmas 2019 was held on Thursday 30th November. It really cheered us up and made us feel proud to showcase all the amazing talent we have here in Fortrose Academy. Music, dance, prose and poetry were all performed spectacularly by our pupils. Thanks to the pupils and staff involved in making this happen!



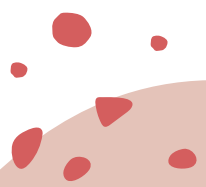


SWAP SHOP - GET READY FOR CHRISTMAS

Our Christmas Party 'Swap Shop' is open and lunchtimes are busy with our young people browsing the rails!

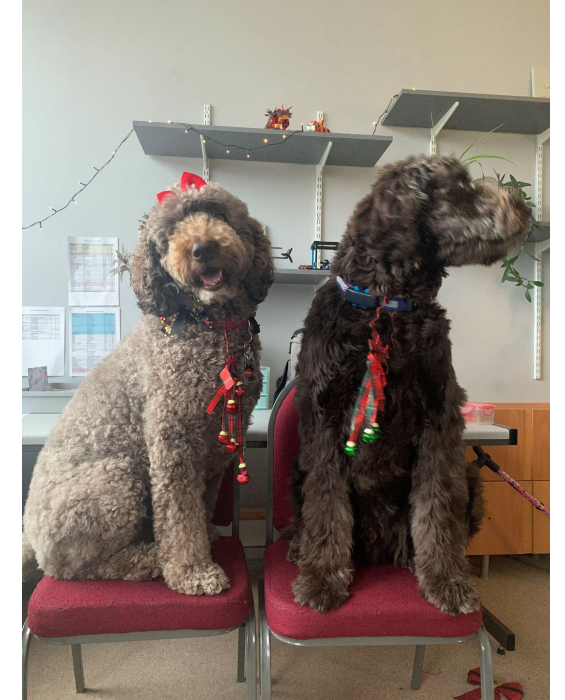
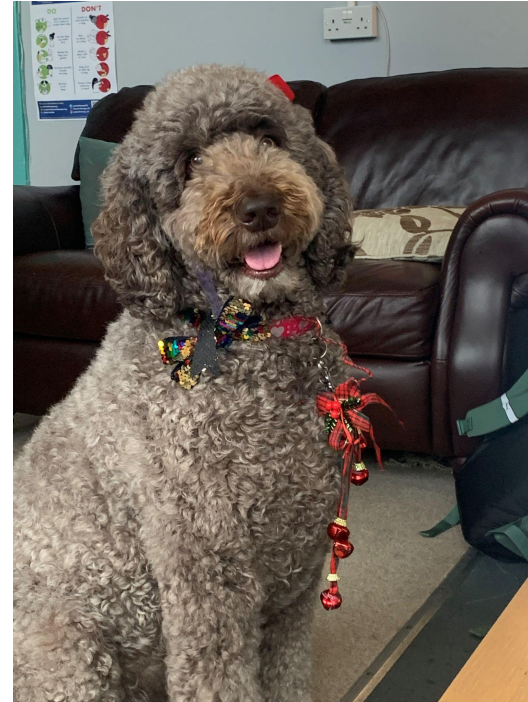
We're open on Mondays and Tuesdays from 1.30 pm until 2.00 pm, in Room 22a.

We're always looking for more clothes and accessories - donations most gratefully received. Please hand into Reception or the Deputes' Office.



PETS AS THERAPY

Pets As Therapy sessions continue weekly in school. Thanks to our volunteers Michelle and Angela and their dogs Erica, Bruce and Murphy for enhancing the health and wellbeing of our pupils. They bring smiles to many faces as pupils get the chance to chat to the volunteers and stroke some very friendly dogs!





Mental Health and Wellbeing Hub

We are delighted to announce that we have secured funding to instal a bespoke outside room/den/hub on our school premises. This will be used to support the health and wellbeing of our young people in a number of ways eg counselling, small group work, calm space away from the school building etc.

Further information on progress with the project will be included in our next newsletter.



The view from the multi-purpose room



Mental Health and Wellbeing support

Click the links for further useful information



InsightTimer



Our Wellbeing Indicators



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Safe

Healthy

Achieving

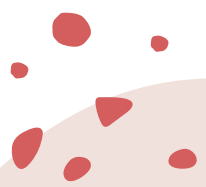
Nurtured

Active

Respected

Responsible

Included





Going Forward Together



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