

Fortrose Academy Mental Health & Wellbeing

Edition 1

March 2022





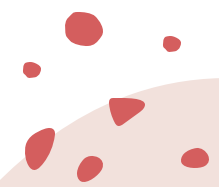
Introduction

This is the first edition of a regular communication to let you know about what's happening in Fortrose Academy to support mental health and wellbeing.

Thanks to former pupil Lizzie Giddy for creating our Mental Health and Wellbeing symbol, the dove, featured throughout our communication.



On World Mental Health Day, October 2021, our S6 Senior Leaders created this fantastic display outside our Guidance base. It includes words of kindness written by pupils and signposts our young people to available support.





Wellbeing Indicators (SHANARRI)

On return to school in August, we were invited by Jo Chamberlain, Improvement Project Coordinator at the Highland Council, to be part of a Highland Council pilot project focusing on wellbeing indicators.

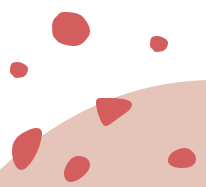
Pupils were asked to explore what each wellbeing indicator looked like in our school. Their work contributed to a Highland Council survey which is now going to be used across the Northern Alliance schools. Almost 400 of our pupils completed the survey, giving us fantastic feedback which we have taken forward to a voluntary focus group of pupils. Each indicator has an infographic with the words/phrases our pupils used.



SHANARRI Pupil Focus Group

Our voluntary pupil focus group has been looking at the results of the survey and discussing ideas to develop and next steps for our school. Miss Stewart and Miss Mellis have been meeting regularly with this group. Our main discussions and ideas are focused on 2 of the key indicators: Nurtured and Respected.

Thanks to those who volunteered - they have shown great enthusiasm with their ideas and feedback.



Lifeskills



A crucial part of our Lifeskills programme is Relationships and Sexual Health. We were delighted to welcome **Wave Highland** back into the building to run workshops with our S4 pupils.

The workshop was very well received by our young people.





Youth Development Work in School



Wanda and Fraser continue to provide a huge amount of support to our pupils. Have a look on their Black Isle Youth Development Facebook page <https://www.facebook.com/blackisleydo> to find out more about the opportunities available and the amazing achievements of our young people - both in school and in our community. Our Youth Development team are invaluable for their work in supporting the Black Isle community.

Wellbeing in the Black Isle

Thanks again to Tilly Grist for creating the poster which is still in circulation across the Black Isle. The poster includes some important contact information which we hope has been useful for anyone looking for some support.

It's ok to say that you're not ok!

1 in 4 of us will experience mental health issues at some point. There's no shame in that. If you're concerned about yourself or someone else, the following helplines can offer support and advice.

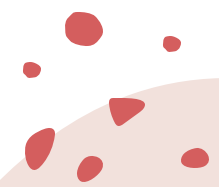
Samaritans
116 123
Confidential support for people with feelings of distress or despair.

Mind
0300 123 3393
Advice and support for anyone experiencing a mental health problem.

Breathing Space
0800 8385 87
For anyone over the age of 16 who is feeling low, anxious or depressed.

Childline
0800 1111
Free, private and confidential service for people up to 18 years old.

For further support, please contact your GP, or call NHS24 on 111. If your own or someone else's safety is at risk, call 999.





Staff Wellbeing

We are always mindful of our staff as well as our pupils.

The pandemic has been a challenging time with staff adapting to new ways of teaching but not being able to get together to support each other. But now teachers can meet face to face again with full staff meetings (as opposed to online) and also have other opportunities for meetings to help each other.

Thanks to Mrs Urquhart and her team for feeding staff during the February in-service. The soup, scones and other goodies went down extremely well! Unfortunately, the weather wasn't so kind, so the wellbeing walk was put on hold.



Professional Learning

As part of our continuing professional development, staff have had the opportunity to take part in some fantastic sessions.

10 members of staff from across our ASG have signed up for a 2-day training programme called 'Seasons for Growth'. On this course, staff will learn how to support young people who have experienced change, loss or bereavement. Pupil sessions will take place through interactions in small groups with a companion (teacher) running them.

A number of our staff across the ASG have also signed up to a children's mental health training course run through 'Place to Be'. This will give staff tools, support and resources to foster positive wellbeing in our schools.

Mikeysline delivered a series of presentations to our senior school.

As a result of the presentations, we have 4 Mikeysline Youth Champions at Fortrose Academy. Our champions have created a survey which has been completed by 240 pupils and staff. We will be looking at the feedback and will identify ways to improve mental health in our school.

The champions also visited 'The Hive' in Inverness and consulted on a research project about young people with suicidal thoughts with the Brent Centre for Young People.

We are delighted to have built a strong relationship with Mikeysline. We are looking for new Youth Champions to take over from our S6 group to continue to build on the great foundations they have laid.



Mikeysline Youth Champions





Online Safety

During February and March, in Lifeskills classes, pupils have been learning about keeping safe online. We have looked at gaming, exploitation and online friendships.

At the beginning of March parents/carers were invited to attend an online safety workshop led by Robert Quigley, Collaborative Lead with Highland Council. This was a useful session with sound advice offered to parents. The following links are worth looking at as they contain a lot of useful advice:

<https://nationalonlinesafety.com/guides>

<https://www.thinkuknow.co.uk/parents/ask-the-awkward/>



Going Forward Together

