



Health and Wellbeing

2021/2022

Progress made so far...

- HWB responsibility of all working group set up.
- All departments completed HWB audit of current curriculum.
- Health and Wellbeing wall created
- MHFA trained staff identified and promoted
- School participating in HWB Champion events
- Identification of 5 priorities

*** Staff Wellbeing**

*** Student Wellbeing**

*** CLPL**

*** Curriculum**

*** Parental Engagement**

HWB Champion Updates

- New HWB Champion group leaders.
- Mini Champions identified – S1 Aisling Crosbie, S2 Mia McLaren, S3 Holly Dunlop
- Family Champions to be identified
- School RAG to be completed
- Next meeting 10-11-2021

Updates from Scottish Government

- Review of PSE
- Mental health strategy 2017 - 2027
- Whole School Approach (Mental Health and Wellbeing) framework
- SMHFA for educators not being funded.
- New resource (replacement) <https://www.cypmh.co.uk/>

DNA Group update

- Weekly meetings held this year with over 60 students attending. Mixture of young people who identify as LGBT and Allies. These are mainly led by students.
- Calendar of events for young people
- Silver charter up for renewal April 2022.
- Feedback from students gathered and actions identified including but not limited to:
 - Pronouns - looking at ways on integrating preferred pronouns including teacher information and developing our current group badge.
 - Tackling homophobic language.
 - Pride - the group would like to participate in a Pride event.
 - Purple Friday - organise awareness and event in Feb 2022.

BeReal Group Update

- Biweekly meetings held to help support pupils and discuss new ideas to help promote body positivity
- Spoke at the primary transition days before summer to raise awareness of the group and the importance of promoting body positivity
- New noticeboard currently being put together in the school canteen which will include information about support, where pupils can get help if they need it, links to our BeReal playlist, information on the BeReal Champions and pictures of our mirror campaign
- Currently working on producing a BeReal photograph which comprises of 20 volunteers (pupils and staff) all wearing black bottoms and white tops to symbolise that all body shapes/sizes are beautiful. Once taken, this will be put up around the school.

Key Actions for HWB

- Continue to embed Wellbeing Check in and to share results (Gemma).
- Develop role of Mini Champs and Family Champs (Gemma).
- Identify opportunities for wellbeing activities such as mindfulness and yoga to be offered to seniors and staff.
- Improve sharing of progress with school community (Gemma).
- Develop opportunity for family learning (Lauren).
- Develop DCHS Mental Health First Aid CLPL for staff (Sarah).
- Continue to develop PSE curriculum including HWB and RSHP (Lorraine).

Parental Engagement/Family Learning

Going forward, we would like to increase the opportunities available for parents/carers to learn about HWB in the hope that they will feel more comfortable supporting young people through their school years.

1. We would like to host an information evening for parents/carers with different speakers and stalls for things like anxiety, depression, self-harm, exam stress etc. This would be an opportunity for parents to ask questions and learn more about Mental Health and how to support others.
2. We would like to increase use of social media and the school app by having a monthly focus (for example, Anxiety). Information would be posted about each focus and both pupils parents/carers could access this.
3. We wanted to speak with you this evening to try and get an understanding of how, as parents, you would benefit from us taking this forward. Do you have any ideas or any views on the ideas that we have planned?

Thank-you for your time!

Any questions?

