



**WILLIAMWOOD HIGH SCHOOL  
WHOLE SCHOOL APPROACH  
TO SUPPORTING HEALTH  
AND WELLBEING**

# Whole School Approach



- Ethos of nurture and support
- Building the capacity of staff
- Mental Health Forum led by pupils
- Interventions to support YP are embedded
- Tracking Health and Wellbeing
- Support for staff
- Support for parents



# BUILDING THE CAPACITY OF STAFF

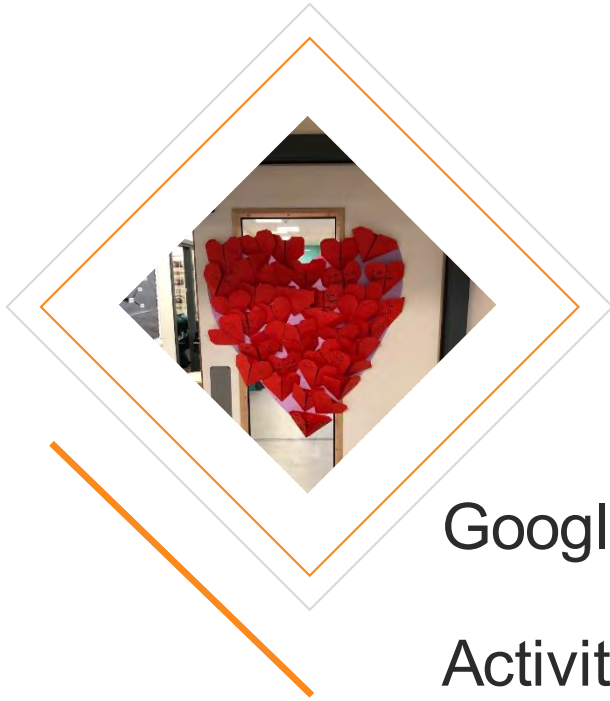
- All staff trained in Nurture
- 60 staff trained in SMHFA
- 2 staff trained as SMHFA trainers
- 21 staff trained in ASSIST
- 33 staff trained as Wellbeing Mentors
- PTPS trained in ASSIST, LIAM, Self Harm, Eating Disorders, Child Sexual Exploitation, Seasons for Growth, COSCA counselling skills



# Support for young people



# INTERVENTIONS DURING LOCKDOWN

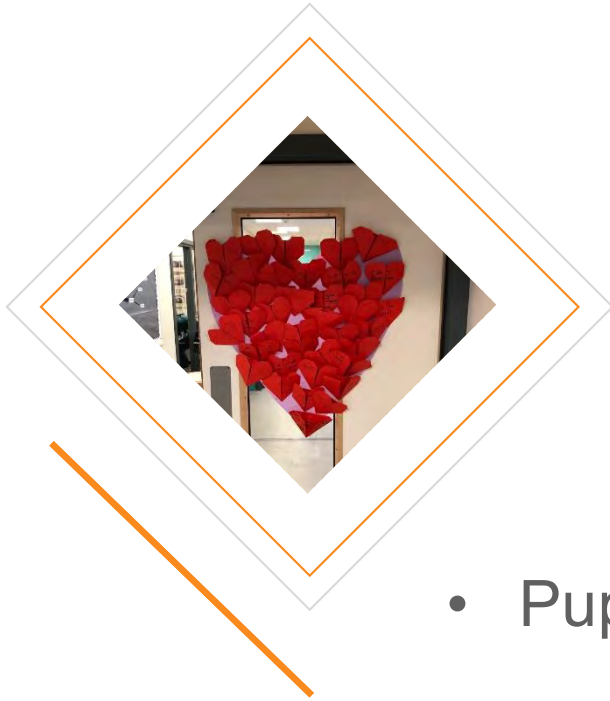


Google classroom (GC) for each PTPS caseload

Activities to support mental wellbeing uploaded on GC

- Vulnerable YP supported through face to face meetings and phone calls
- Young people had weekly live meets with PTPS
- Young people could communicate directly with PTPS through GC

## INTERVENTIONS DURING LOCKDOWN



- Pupils offered a place in the Hub if not engaging online or struggling with mental health
- Weekly online support groups at all stages to help YP manage anxiety
- Parents supported through online resources and sign posting on school website

# INTERVENTIONS DURING LOCKDOWN



Online transition all for P7-S1 pupils

Extended transition visits organised for 72 pupils

- Parental phone calls for all YP on extended transition
- Parental meetings for vulnerable YP



# THE NURTURE HUB

- Set up 2018
- Whole school resource
- Staffed by PTPS, LS teachers and PSA's
- All staff trained in nurturing approaches
- Focus on building relationships, managing emotions and developing communication

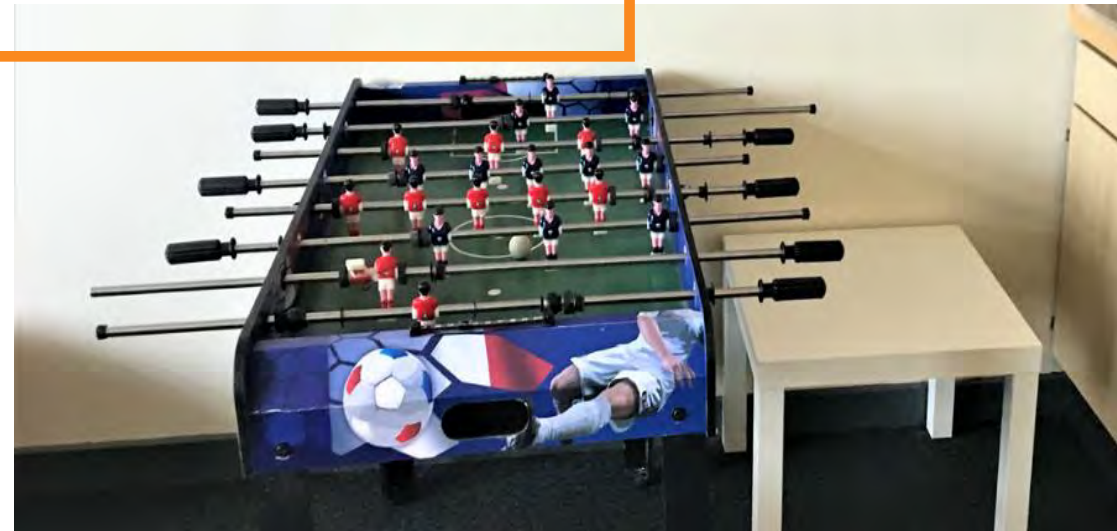




- Nurture groups in S1, S2 and S3
- Boxall Profile used to identify needs
- Compassionate and contented classroom
- Digital check-in on entry and exit to monitor and meet needs of vulnerable pupils
- Boxall profile completed at the end of a block to measure impact



## THE NURTURE HUB





# THE NURTURE HUB

- Location for all support groups
- Open before and after school and during breaks
- Safe space for vulnerable YP
- Used to host parent meetings



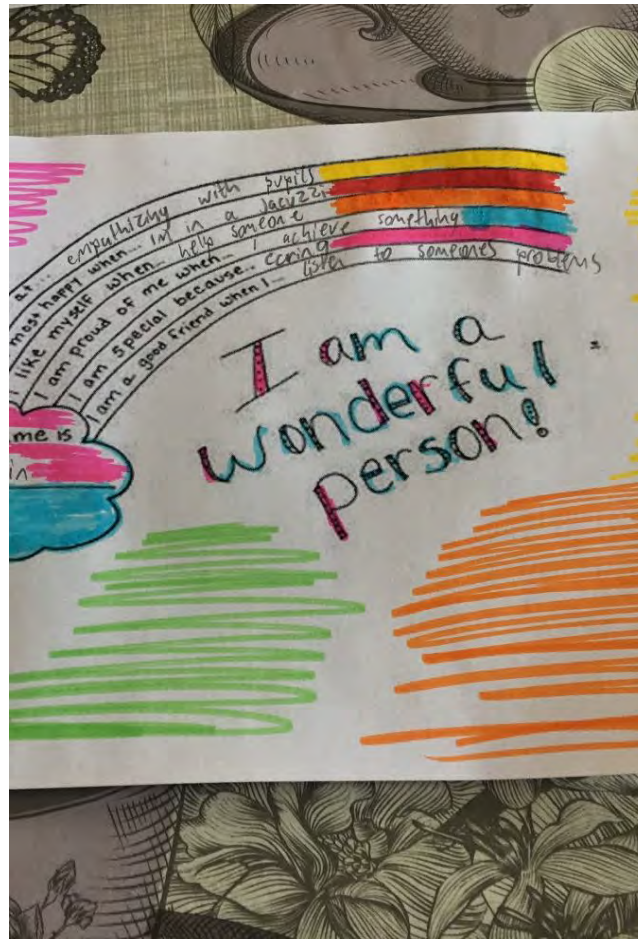
Day/Period	1	2	BREA K	3	4	LUNCH	5	6	7
Monday	SFL PA Award (JMG)		AMK	S3 Nurture (AMK, JM)	ASC Boys (JM, AB)	AMK	S1 Nurture (AMK, JMG)	ASC Girls (AMK, AB)	BSL (AMK/JM/JMG)
Tuesday	BSL (AMK/JM/JMG)	S1 Anxiety (JMK, JC)	AMK	S2 Nurture (NP, JM)		AMK	S2 Anxiety (AT, MF)		
Wednesday		S1 Anxiety (AMD, JD)	AMK	Seasons for Growth (CMK, AMD)	SFL PA Award (JMG)	AMK			
Thursday	S2 Nurture (NP, JM)	Seasons for Growth (CMK, AMD)	AMK	S3 Nurture (AMK, JM)		AMK	S1 Nurture (AMK, JMG)		S5/6 Anxiety (AT, SML)
Friday		S3 Anxiety (NP, SML)	AMK		S4 Anxiety (NP, HR)	AMK			



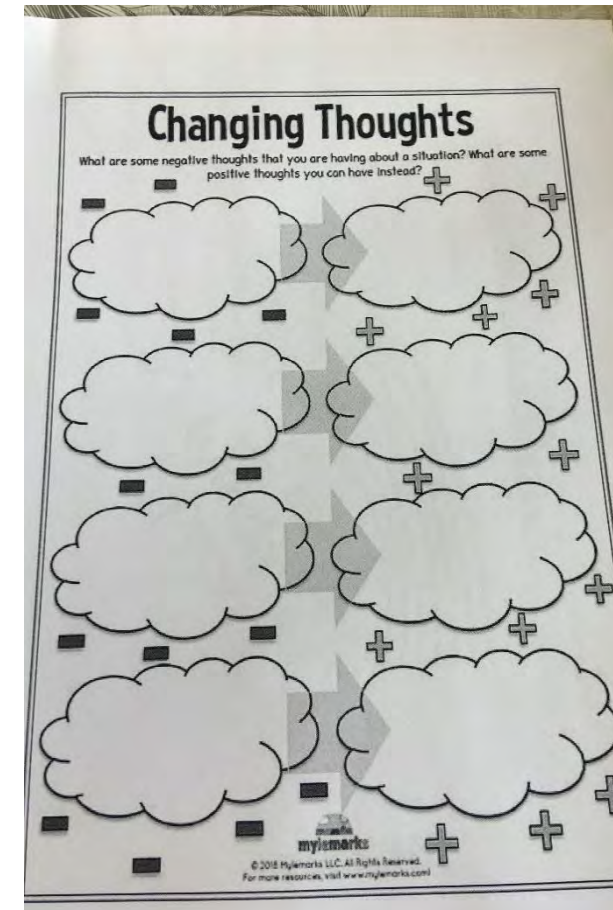
# TRACKING HEALTH AND WELLBEING

- HWB questionnaire delivered to all YP during PSHE by PTPS
- Used to track mental health, SHANARRI and participation
- Follow up interview with PTPS
- Further interventions may include parental phone call/interview, referral to support group, LIAM, school counsellor, wellbeing mentor, peer mentor, personalised timetable, educational psychologist, self help programme, extra curricular clubs, Young Carers and referral to Healthier Minds Hub

# TRACKING HEALTH AND WELLBEING



During session 2019/20 YP in S2, S4 and S6 completed the HWB questionnaire



**Tracking Health and Wellbeing 2019:  
All YP in S2,S4 and S6 were  
asked.....do you feel...**

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# Tracking Health and Wellbeing 2019: All YP in S2,S4 and S6 were asked.....do you feel...

Achieving?

88%

agreed

Healthy?

83%

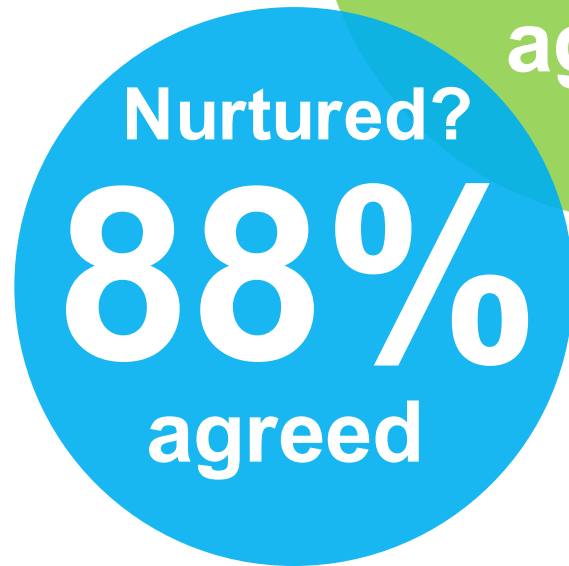
agreed

Safe?

97%

agreed

# Tracking Health and Wellbeing 2019: All YP in S2,S4 and S6 were asked.....do you feel...



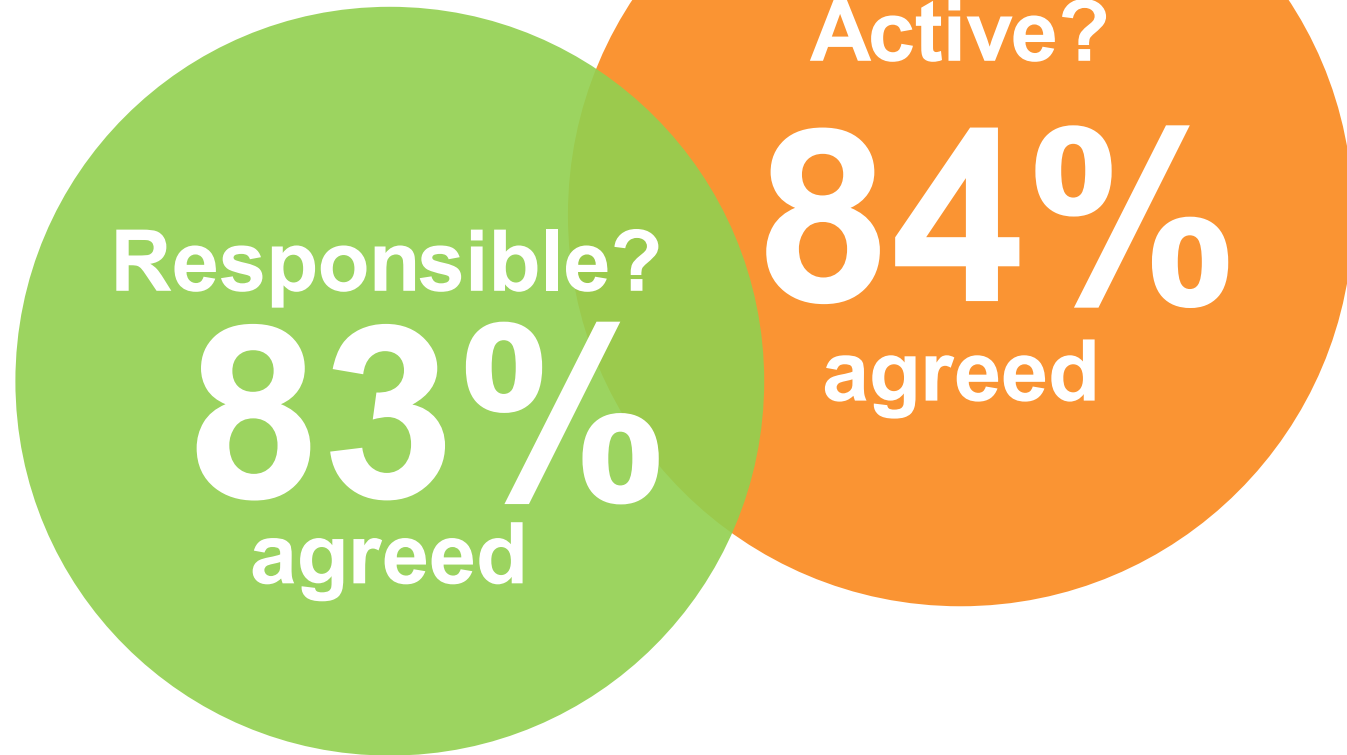
# Tracking Health and Wellbeing 2019: All YP in S2,S4 and S6 were asked.....do you feel...

Active?

84%

agreed

# Tracking Health and Wellbeing 2019: All YP in S2,S4 and S6 were asked.....do you feel...



# Tracking Health and Wellbeing 2019: All YP in S2,S4 and S6 were asked.....do you feel...

Responsible?

**92%**  
agreed

Respected?

**83%**  
agreed

Active?

**84%**  
agreed

# Tracking Health and Wellbeing 2019: All YP in S2,S4 and S6 were asked.....do you feel...

Responsible?

**92%**  
agreed

Active?

**84%**  
agreed

Respected?

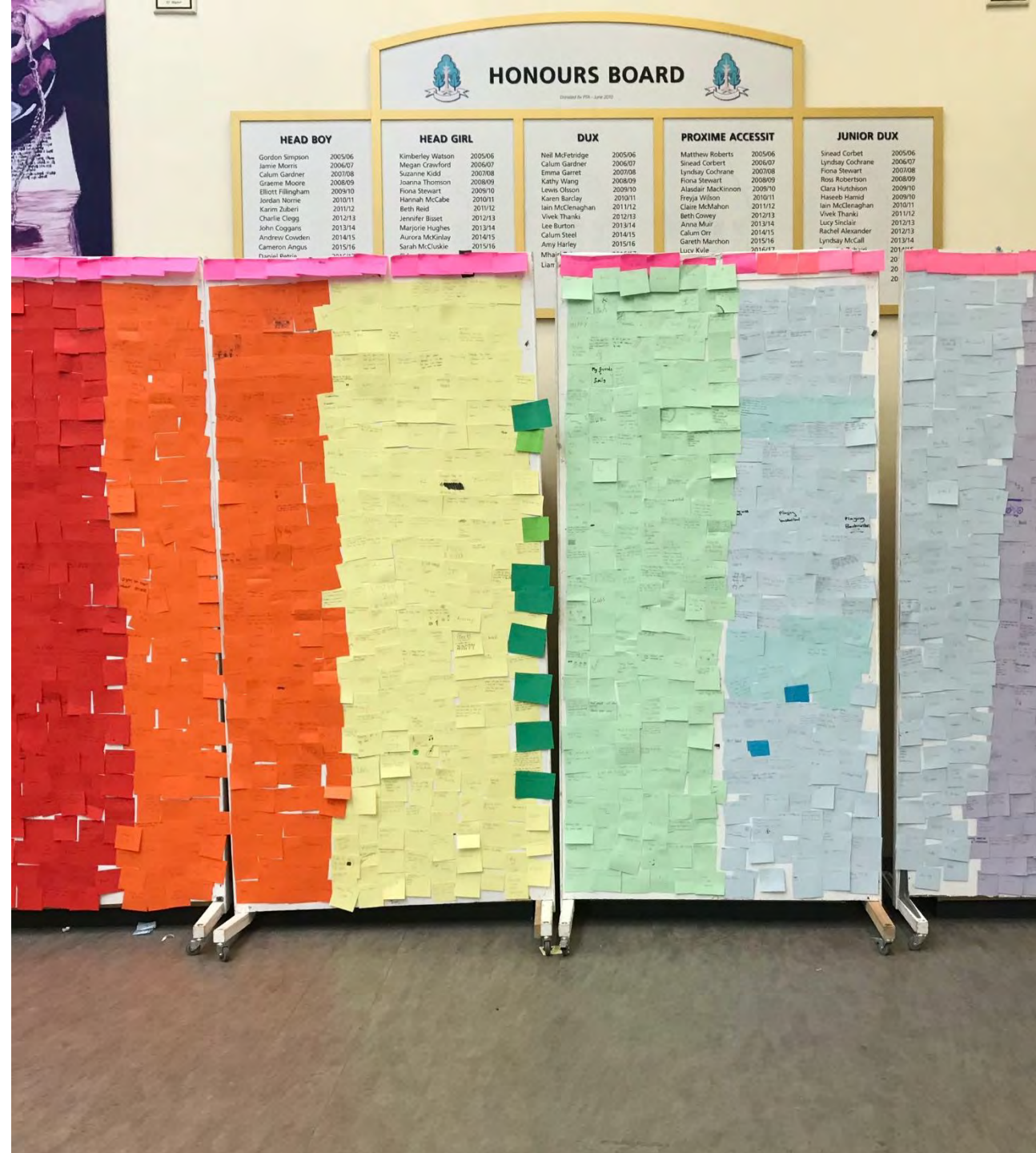
**83%**  
agreed

Included?

**95%**  
agreed

# Tracking Health and Wellbeing

- In session 2020/21 we continued to track HWB through the pupil questionnaire
- YP in S1 and S6 completed the HWB questionnaire



# Tracking Health and Wellbeing 2020:

All YP in S1 and S6 were asked..... do  
you feel...



Safe? 99% agreed **increase by 2%**

Healthy? 94% agreed **increase of 11%**

Achieving? 93% agreed **increase of 5%**

Nurtured? 94% agreed **increase of 6%**

Active? 95% agreed **increase of 4%**

Respected 92% agreed **increase of 9%**

Responsible 94% agreed **increase 2%**

Included 94% agreed **decrease of 1%**



## SEASONS FOR GROWTH:

Can help with bereavement and loss (S1-S6)

INTERVENTIONS:  
**GROUP SUPPORT**  
DELIVERED THROUGH THE  
SCHOOL TIMETABLE

## LIVING LIFE TO THE FULL:

Can help with stress, anxiety and low mood (S1)

## DEALING WITH ANXIETY:

Strategies to cope with anxiety based on CBT (S2-S6)

## NURTURE:

Nurture curriculum and approaches to support vulnerable pupils with attachment issues (S1-S3)

## **ASC BOYS GROUP:**

To help with regulation of emotions, delivered by PTPS and YPS (S1-S6)



**INTERVENTIONS:**  
**GROUP**  
**SUPPORT**

## **RESILIENCE:**

Can help build resilience and reduce anxiety (S1)

**ASC GIRLS GROUP:** to help with identification and regulation of emotions, delivered by PTPS and YPS (S1-S6)

# INTERVENTIONS: INDIVIDUAL SUPPORT

## **YOUTH COUNSELLOR:**

Provides one to one support for YP (S1-S6)

## **EDUCATIONAL PSYCHOLOGIST:**

One to one support for YP struggling at school, advice and support for parents, staff training, attends JST

## **SCOTTISH WOMEN'S AUTISM NETWORK (SWAN):**

Mentoring programme for autistic girls (S4-S6)

## **YOUNG CARERS SUPPORT WORKER:**

One to one support for YP who are young carers (S1-S6)

# INTERVENTIONS: INDIVIDUAL SUPPORT



## **WELLBEING MENTOR:**

Working with YP on a weekly basis to support them with low level anxiety(S1-S6)

**PEER MENTOR:** S6 peer mentor meets weekly with a YP supporting them with friendship issues (S1-S3)

## **LET'S INTRODUCE ANXIETY MANAGEMENT (LIAM):**

Delivered by PTPS to individuals, can help with anxiety including social anxiety (S1-S6)

## **THE LEARNING ZONE:**

One to one support for YP who need time out of class (S1-S6)

# REFERRAL SYSTEM FOR SUPPORT

## **SELF REFERRAL**

Video shown to all pupils through class assemblies promoting the different types of support available and how to self-refer

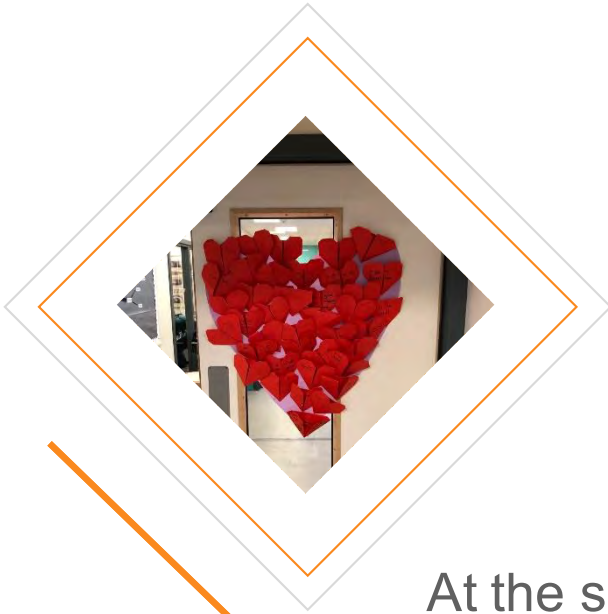
## **PARENT REFERRAL**

Video emailed to all parents explaining the different types of support on offer and how to refer their son/daughter

## **STAFF REFERRAL**

- DHT referral
- PTPS referral

# MEASURING IMPACT OF **SUPPORT GROUPS**



At the start of an intervention all YP complete a baseline evaluation and at the end of the intervention a final evaluation is completed.

The evaluation tools include the YP core, Spence Anxiety Scale, Wagnild Resilience Scale and the Season's for Growth evaluation.

Analysis carried out by educational psychologists

## **SEASONS FOR GROWTH:**

Severe to low – decrease in anxiety/low mood

# **MEASURING IMPACT OF SUPPORT GROUPS: RESULTS**

## **DEALING WITH ANXIETY:**

Severe to mild- decrease in anxiety

## **RESILIENCE:**

Low to moderate- increase in resilience

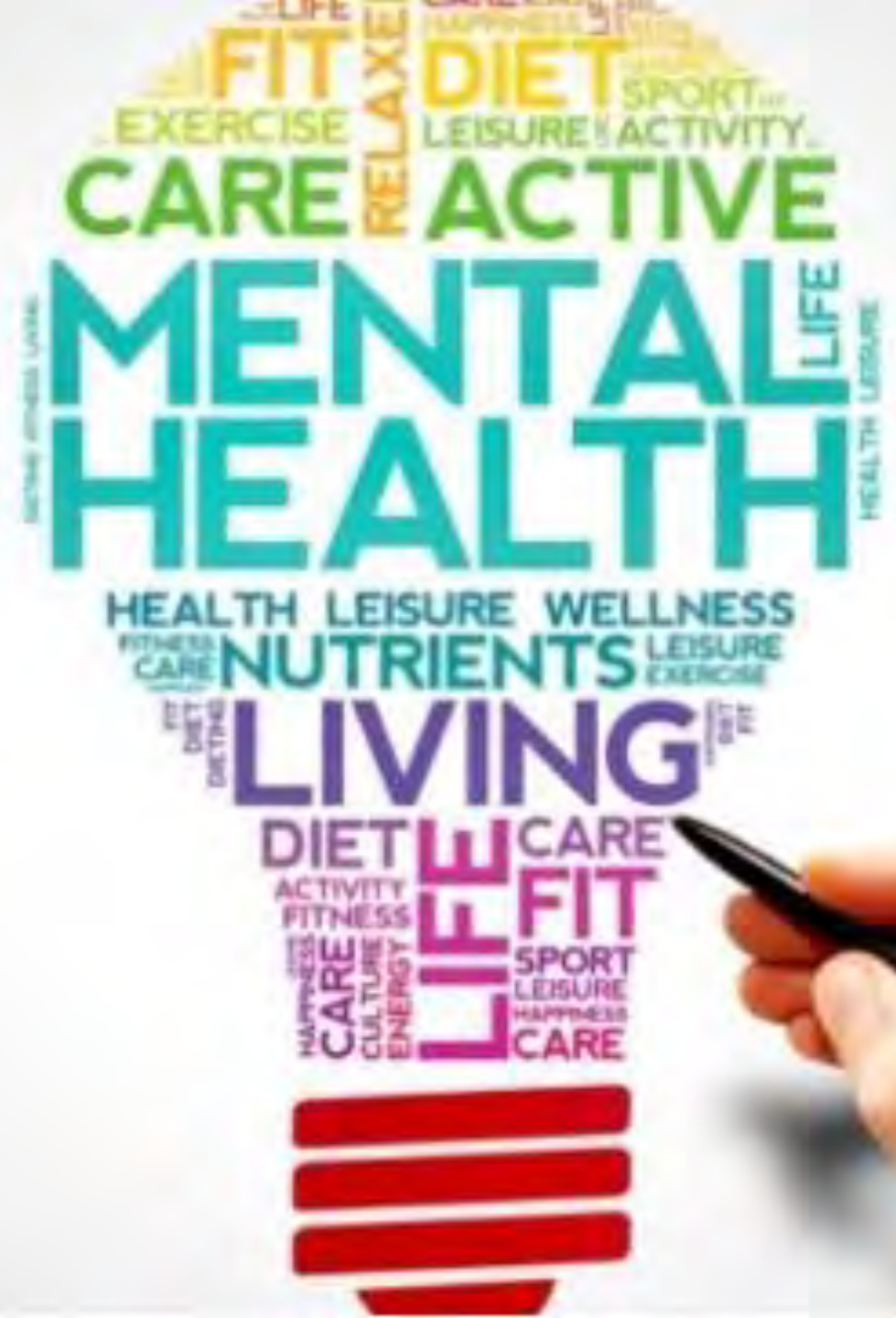
## **KEY MESSAGE:**

The support groups are reducing anxiety and increasing resilience

# PUPILS LEAD ON MENTAL HEALTH

## MENTAL HEALTH FORUM

- Led by senior pupils
- Supported by staff
- 80 pupils from S1-S6
- Action plan written by pupils







# PUPILS LEAD ON MENTAL HEALTH

## **MENTAL HEALTH FESTIVAL**

Mental Health Festival October 2019





# PUPILS LEAD ON MENTAL HEALTH

## **MENTAL HEALTH FESTIVAL**

Engage in activities that you enjoy





# PUPILS LEAD ON MENTAL HEALTH

## MENTAL HEALTH FORUM

Try something new and have fun

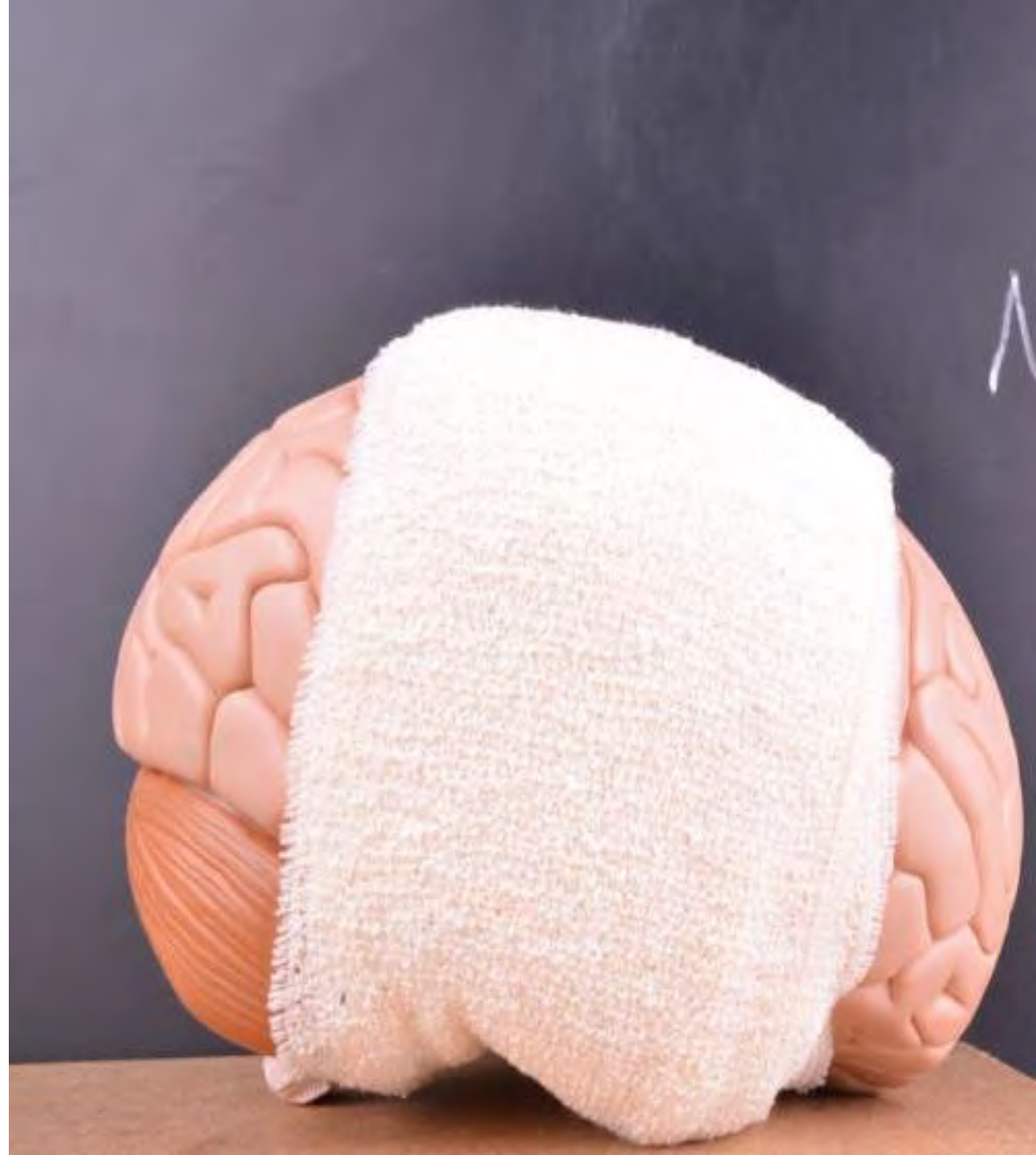




# PUPILS LEAD ON MENTAL HEALTH

## **MENTAL HEALTH FESTIVAL**

Physical activity is good for  
your mental health







# Support for Parents







# Parent Conference 2019

- Managing Anxiety:  
PTPS, WWHS
- Dealing With Grief, Loss And Change:  
Psychologist, ERC
- Internet safety and managing social media:  
Campus Police Officer





# Parent Conference 2019

- 125 parents attended. 100% parents agreed that sessions were:
  - well structured
  - useful
  - what they expected
  - they would recommend it



# Online Parent Conference October 2020

- Video presentation followed by 3 video sessions and resources
- Emailed to all parents
- 95% agreed the videos and resources were useful
- *'Great resource on supporting children in managing difficulties.'*
- *At present it's not something that we need however I think it's great to have for reference and I'm sure many will find them invaluable. Great job!*

- Monthly reflective supervision for PTPS and Wellbeing Mentors
- Supervision for all staff delivered by school chaplain
- PAM assist – ERC counselling service for staff
- Weekly staff meditation and mindfulness sessions
- Weekly staff fitness sessions
- WSCA with a focus on staff wellbeing



## SUPPORT FOR STAFF



- WSCA 1 August 2020
- Staff session on managing anxiety
- 92% staff agreed this was useful

**Staff Comments:**

*More frequent sessions. It was good to discuss tips with the department.*

*We all really enjoyed this session, open and honest discussion - fab!*

*Opportunity to run these techniques at another WSCA later in the year.*



# SUPPORT FOR STAFF



# What next?



- Train staff to support safety planning with young people who present with suicidal ideation
- Implement a six week Wellbeing Mentoring programme delivered by staff to support young people with low level anxiety
- Implement duty mental health first aiders
- Implement a universal support for young people who need a short period of time outside of class
- Continue to develop an infra structure to support the ongoing delivery of Mentors in Violence protection (MVP)/ Lesbian, Gay , Bisexual, Transgender and Intersex Charter as well as building on the success of the Gold Rights Respecting Schools Award
- Compare attainment data and health and wellbeing tracking data of young people in equity groups to investigate if a correlation exists and implement an appropriate intervention.