

FHS Wellbeing Supports

Falkirk High School is committed to improving the health and wellbeing of our children and young people.

Our school wellbeing model is based on the 5 Factors of Health.

We believe that if our pupils make positive changes to each of these factors it will enhance their overall wellbeing and allow them to fulfil their potential.



School Vision

'Striving to create a
positive framework for learning
based on
relationship-led practice,
whilst aiming for
Excellence in Learning and Teaching'

The variety of wellbeing supports at FHS have a crucial role in providing a positive framework for learning.

Developing meaningful relationships through nurturing approaches allows pupils to seek out relevant supports.

This allows pupils to access excellent learning and teaching and enables them to fulfil their potential.

we are **Ambitious**
we are **Kind**
we are **Inclusive**
we are **Supportive**



Universal Support

Wellbeing Questionnaire

Each term pupils complete a wellbeing questionnaire based on the 5 factors of health. This allows us to identify pupils who need targeted support, tailor PSE/PEP lessons to year group needs, and encourage pupils to set targets to improve their wellbeing.

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Classroom Teachers

Our teachers use nurturing, relationship led practice to support our pupils wellbeing. In classrooms they refer to the 5 factors of health when it naturally occurs during lessons. They can also signpost or refer pupil's onto their Head of House for any additional support required.

PSE

In PSE we cover a variety of health related topics to inform and encourage pupils to make positive choices about their wellbeing. Furthermore, we provide support on the 5 factors of health based on our questionnaire results each term.

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Children's Mental Health Week

Throughout the year and during Children's Mental Health Week we promote that every pupil has mental health and make pupils aware of the supports available to them. We encourage pupils to make positive choices regarding their wellbeing and reduce the stigma surrounding asking for support.

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Nurture Nooks

Our Nurture Nooks are calm and safe classrooms offered by our teachers at social times. They provide quiet spaces for pupils to relax and socialise. Pupils should speak to their Head of House to find out more information about this support.

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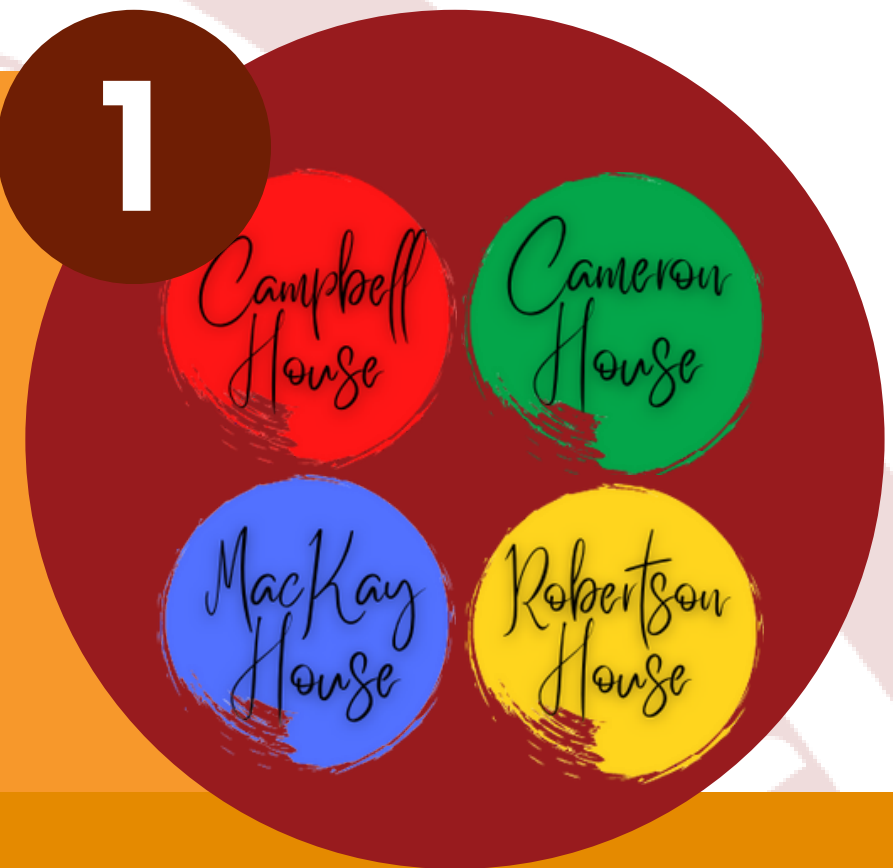
Targeted Support

Head of House

Our Head's of House are here to help with any concerns our pupils or parents have. They are able to direct pupils to various specialist support when required.

Pupils can speak to their Head of House in F09 and parents can contact via the school office.

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School Nurse

We can refer pupils to the NHS school nursing service to offer specialist support on the 5 Factors of Health. This covers areas such as eating, anxiety, self-harm and sleep. Pupils can access this support through their Head of House.

School Counsellor

We currently have two counsellors working within the school. Counselling can help pupils manage issues surrounding but not limited to, relationships, stress, self-harm, bereavements, body image, peer pressure and anxiety. Pupils can speak to their Head of House to enquire about this support.

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Nurture Room

The nurture room (The Den) offers a safe space for pupils to access both during curricular time, before school and at interval/lunch. It allows pupils to be supported to develop friendships and create trusting relationships with key members of staff. Pupils requiring this support are identified when transitioning to high school.

Ready to Learn Room

This provides a nurturing environment for pupils to settle into the school day and is available period's 1 and 2.

This support is designed as a short term intervention to help pupils improve attendance and get back into school after a period of absence.

Speak to your Head of House to find out more about this support.

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External Supports

Barnardo's

Barnardo's is a charity that protects and supports children and young people. They believe that all children have the right to a happy and healthy life.

You can refer for mental health support using the link below:

www.barnardos.org.uk/what-we-do/services/forth-valley-hub/referral

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Self Harm Network Scotland

Penumbra is a pioneering charity who support people on their journey to better mental health. They offer up to 12 sessions of 1 to 1 support for self-harm. You can refer using the link below.

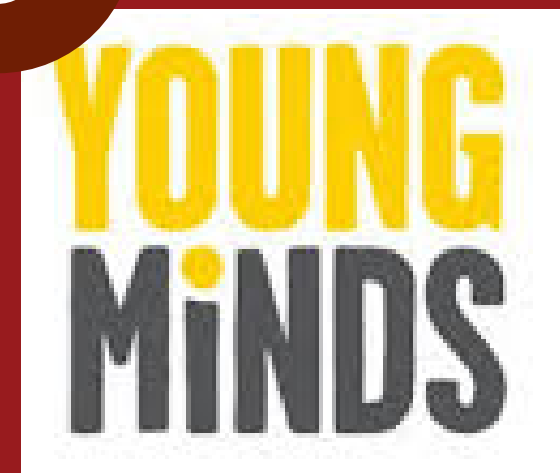
www.selfharmnetworkscotland.org.uk/contact-us

YoungMinds

YoungMinds are a mental health charity that have great advice, support and information available on their website for both pupils and parents/carers

Their parent helpline can be used to discuss concerns regarding your child and the parents A-Z mental health guide has practical advice on how to support young people too!

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FDAMH

FDAMH (Falkirk District Association for Mental Health) offer 1 to 1 and group mental health and wellbeing supports for young people aged 13-24.

You can refer yourself or someone else online using the link. www.fdamh.org.uk/refer

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Shout & Kooth

You can text 'Shout' to 85258 for support with your mental health.

Kooth is an online mental wellbeing community where you can get free, safe and anonymous support. You can register at www.kooth.com



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5 Factor Supports

Sleep

Useful Information:

[Learn About Sleep](#)

[Guide for Young People](#)

[Tips for better Sleep Video](#)

Referral for support

[Scottish Sleep Support Line](#)



Eating

Useful Information:

[Eatwell Guide](#)

[Healthy Eating Video](#)

[Healthier Food Swaps](#)

Referral for support

[Beat Eating Disorders](#)



Exercise

Useful Information:

[FHS Sports Clubs](#)

[Exercise & Mental Health](#)

[Feel Falkirk - Fit & Active - Sport](#)

Referral for support:

Pupils can speak to their Head of House or PE department about sports clubs you can join.



Mental Health

Useful Information:

[Young Minds](#)

[Keeping Yourself Safe Online](#)

[Mental Health Foundation](#)

Referral for support:

See above external supports that you can refer to!



Relationships

Useful Information:

[Healthy Relationships - Top Tips](#)

[NHS - Maintaining Health Relationships](#)

Referral for support:

FHS can support pupils relationships in a variety of ways, including school counselling and out nurture provision. Speak to your Head of House to find out more information.

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