



PAISLEY GRAMMAR SCHOOL

Mental Health supports we access



MENTALLY HEALTHY SCHOOLS



YOUNGMINDS



KEY STAFF CONTACTS

Wellbeing Ambassadors

Ms Stockan	Mrs Kerr
Mrs Kennedy	Mrs Wales
Mrs Ahlfeld	Ms Proctor

Child Protection Coordinator

Mrs L McCrory Depute Head Teacher

Island Teams

IONA	Mrs L McCrory	DHT
	Mrs L Kennedy	PT Pupil Support (A)
	Mrs C McPake	Leader of Learning
	Ms Fitzgerald	Leader of Learning
MULL	Mrs N Hood	DHT
	Miss J Mullaney	PT Pupil Support (A)
	Miss L Cassidy	Leader of Learning
	Mr A Singh	Leader of Learning
SKYE	Mr G Crawford	DHT
	Ms E Stockan	PT Pupil Support
	Miss R Gallacher	Leader of Learning
	Miss S Pearson	Leader of Learning

SCHOOL CONTACT INFORMATION

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PAISLEY GRAMMAR SCHOOL Our Mentally Healthy School

At Paisley Grammar School, we aim to promote positive mental health and wellbeing for our whole school community (young people, staff, parents and carers), and recognise how important mental health and emotional wellbeing is to our lives in just the same way as physical health. We recognise that young people's mental health is a crucial factor in their overall wellbeing which can affect their learning and achievement. We aim to promote positive mental health for every member of our staff and all young people.

Working in Partnership

We recognise the important role parents and carers have in promoting and supporting the mental health and wellbeing of their children, and in particular supporting children who do have mental health needs. We ask parents and carers to inform us of any mental health needs their child has and any issues that they think might have an impact on their child's mental health and wellbeing. All information will be treated in confidence.

Strategies

We have developed a range of strategies and approaches within the school in promoting positive mental health including:

- Assemblies
- Buddy programme
- Respect Ambassadors
- Mentors in violence prevention (MVP)
- Transition programmes to secondary schools
- Celebrating pupil achievements
- Displays within the school
- It's okay to say ... (our whole school strapline)
- Use of the wellbeing wheel
- Group work
- Mental health teaching programmes
- Place2Be and The Exchange Counselling Service
- Homelink inputs
- Staff mental health training
- Staff health and wellbeing sessions
- Parental training programmes
- Family Learning Hub

Training

Our aim is for all staff to be confident in their knowledge of mental health and wellbeing and to be able to promote positive mental health and wellbeing, identify mental health needs early in young people and know what to do and where to get help.

As part of our in-service programme we will host training sessions for all staff to promote learning and understanding about issues related to mental health.

Wellbeing Ambassadors

A few of our staff are trained in mental health first aid—these are our wellbeing ambassadors. These staff are a first point of contact for staff and young people looking for advice. We aim to train a number of staff each year if possible.

MVP, Respect Ambassadors and Buddies

Many of our S4—S6 pupils have volunteered to become Buddies, MVP and Respect Ambassadors. They want to give back to the school and they do this by supporting younger pupils.

There is time identified each week for pupils in S1 to be supported by a senior buddy. At intervals and lunchtimes our Respect Ambassadors will coordinate clubs and a safe space within our Hub. Our MVP ambassadors will carry out duties in the school and talk to classes throughout the year. Pupils have been trained by experienced staff and will play an important role in supporting pupils across the school.

Teaching about Mental Wellbeing

The skills, knowledge and understanding needed by our young people to keep themselves and others physically and mentally healthy and safe are included as part of our developmental skills for learning, life and work and our Personal Support Curriculum.

The specific content of lessons will be determined by the specific needs of the cohort we are teaching but there will always be an emphasis on enabling young people to develop the skills, knowledge, understanding, language and confidence to seek help, as needed, for themselves or others.

Signposting

We will ensure that staff, young people and parents/carers are aware of sources of support within school and in the local community – these will be available on our website and school app.

Whenever we highlight sources of support, for children we will ensure they understand:

- what help is available,
- who it is aimed at,
- how to access it,
- why to access it,
- what is likely to happen next.