

Wellbeing Centre Update January 2020

Currently we offer:

- Enhanced nurture for primary students four mornings a week
- Two nurture groups in secondary
- Safe space at lunchtime for all students
- 1:1 support for 4 students
- Pet therapy each morning
- P7 transition lunch club
- Family learning café each week from 3pm
- EAL and nurture space for individual programmes for pre school/p1 transition
- A number of mental health first aid courses including ASK, ASIST and Mental Health First Aid (16 hours) over the last year for the community and our upper school.
- Inter generational project with the sheltered housing, CVS and our students which will also enable the students to gain the Saltire Award.
- Gillian Agnew from Occupational Health running an optional 4 week Mindfulness course for S4 post prelim.

We would like to:

- explore the opportunity to increase the courses we offer in the community supporting positive health and wellbeing.
- buying in specialist support or provision to run either one off or a block of sessions that students can opt in to.
- increase the support groups we offer to include for example, bereavement support.
- run a wellbeing fitness programme for our students who perhaps struggle with weight issues to support them on their journey to physical mental health, to support their mental health.
- accredited courses for family and community members
- Supporting or providing the NHS JumpStart programme for healthy weight management.
- Bereavement boxes that we can send to students when they lose a loved one.

Additionally,

Planning on organising and hosting a memorial/remembrance service end of March to remember all those who we have loved and lost over the course of the past year.