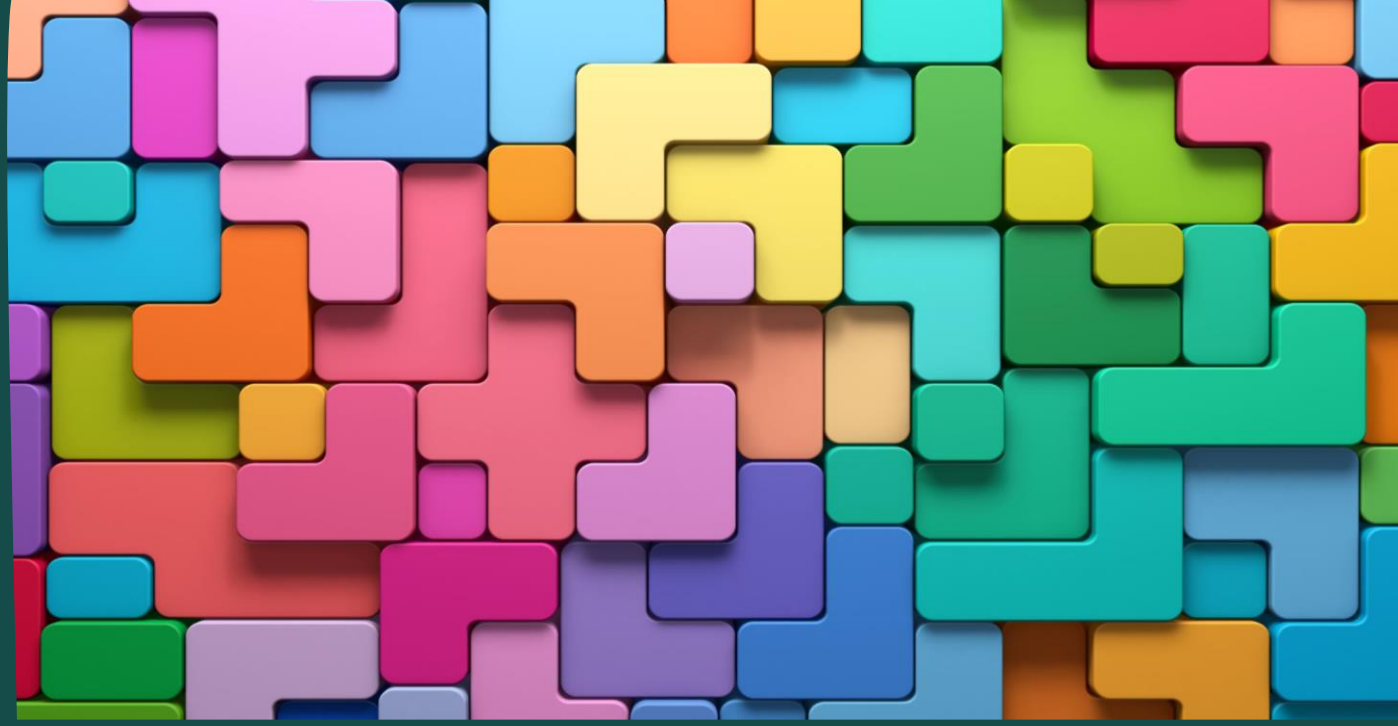
Wellbeing

The KHS Journey 24-26

Colette Curran

Teacher of History/SS and PT of Health & Wellbeing



PRIDE

- PARTICIPATION
- RESPECT
- INCLUDED
- DETERMINATION
- EXCELLENCE

Our Mission 24-26

Create a safe space where young people can grow and thrive.

Create healthy young people who can cope with the trials of everyday life and removing the barriers to learning.



PRIDE
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CREATING A SAFE ENVIRONMENT AND ENCOURAGING HEALTHY HABITS IN YOUNG PEOPLE:

- **Attendance at the annual SHINE conference in Glasgow (2024) - fantastic professional learning opportunity.**
- **Introduction to numerous wellbeing related research programs run by Glasgow Uni.**
- **Two caught my eye:**
  - **CLOCKING OFF – S1 sleep hygiene project.**
  - **ESAS – Equally Safe At School project.**





Clock Off - An intervention to reduce night-time use of interactive electric devices/social media among young people

- **Selection of peer supporters.**
- **Training.**
- **The power of peer influence.**

- **<u>Innumerable benefits:</u>**
- **The opportunity to engage with positive role models from the wider world including GU researchers and members of the charity Sleep Action.**
- **The chance to undertake leadership role and positively shape self and peers.**



HEALTHY - WITH THE PROMOTION OF SLEEP HYGIENE





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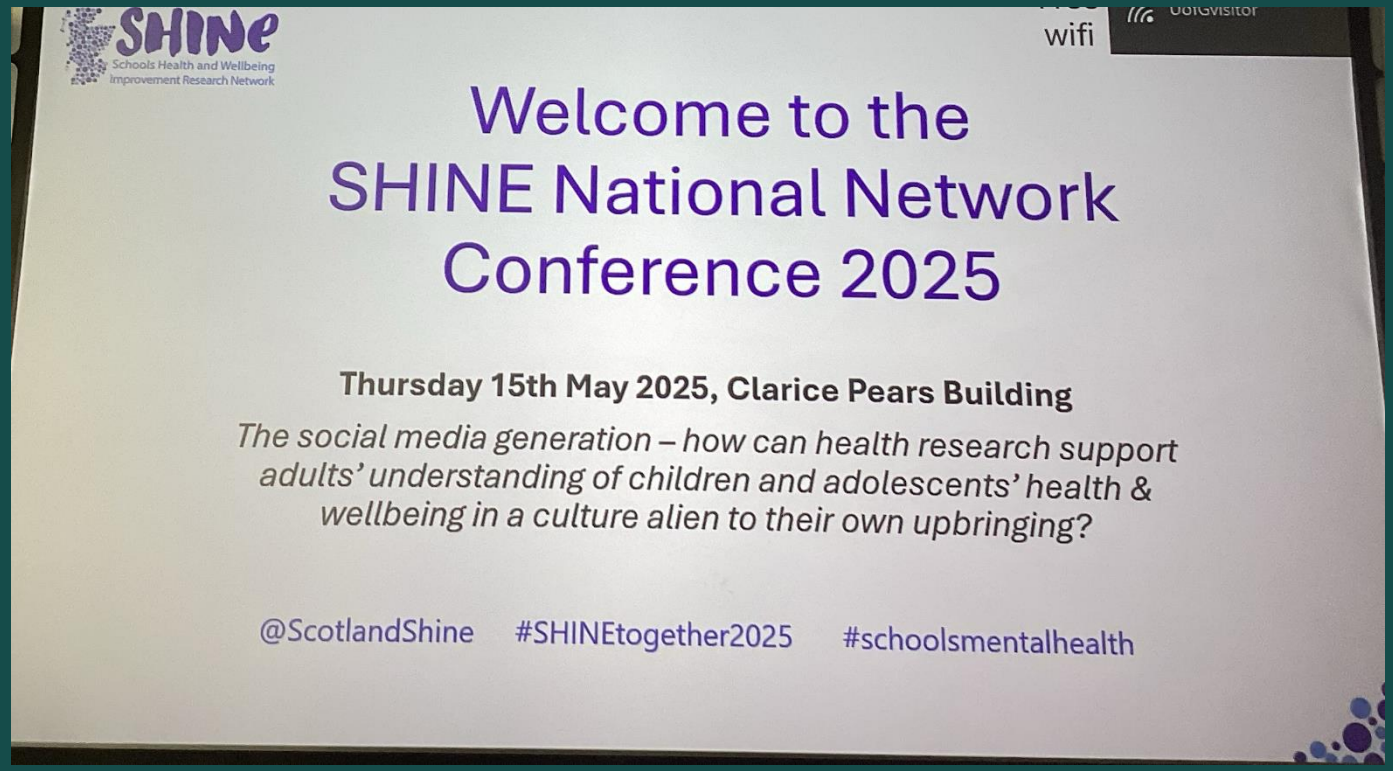
KHS & Our Glasgow University Partnership - Presenting at the SHINE conference 2025

- **Jill and I were delighted to be invited by GU to share our Clock Off experience with health sector professionals and educators from across Scotland.**



DOE OR DIE
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How can we continue to promote healthy sleep habits?

- **Sharing good practice and having our Peer mentors encourage parents to help control device use at bedtime.**
- **Utilising the energy and enthusiasm of our current S2 Peer mentors to train our new S1 .**
- **Working in conjunction with our Glasgow Uni contacts and engaging with their new program EYES WIDE OPEN.**
- **Utilising KOOTH resources.**
- https://www.kooth.com/



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SAFE - ROLLING OUT OUR ESAS PROGRAM 24-26

equally safe at school

a whole school approach to preventing gender based violence

Equally Safe at School (ESAS) is an online intervention which supports secondary schools across Scotland to take a whole school approach to addressing gender-based violence (GBV).

Surveys – 2 rounds Oct 24 & 25
Staff training – whole school in 24 & enhanced in 25
Mental Health & Wellbeing Ambassadors effecting change.

https://www.equallysafeatschool.org.uk/

DOE OR DIE

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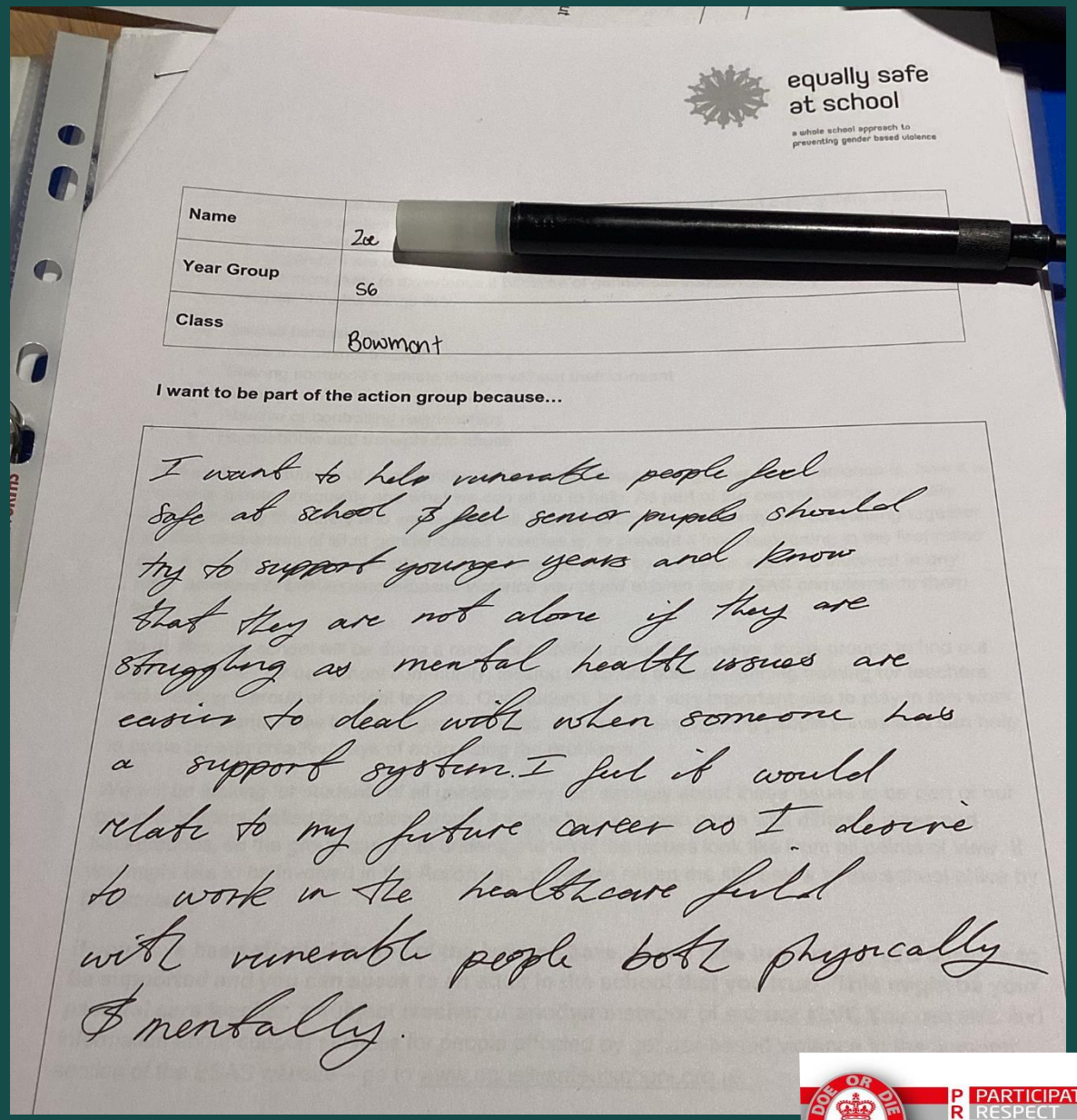
Our Wellbeing leaders





equally safe at school

a whole school approach to preventing gender based violence

Name	[illegible]
Year Group	S6
Class	Bowmont

I want to be part of the action group because...

I want to help vunerable people feel safe at school & feel senior pupils should try to support younger years and know that they are not alone if they are struggling as mental health issues are easier to deal with when someone has a support system. I feel it would relate to my future career as I desire to work in the healthcare field with vunerable people both physically & mentally.

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What else is new?



- We have also introduced a new Mental Health & Wellbeing Award at N4/5 level.
- ***reduce stigma surrounding mental health***
- ***arm young people with healthy coping strategies***
- ***promote knowledge of the impact of mental health on behaviour***
- ***dispel myths surrounding mental health***
- ***promote understanding of positive and negative impacts on mental health***
- ***help individuals to make the right choices***
- ***promote understanding of the potential uses and impact of social media and the internet***
- ***create resilience***

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Our vision for the future-

- **Further training which empowers staff to confidently approach GBV and meet the learning and wellbeing needs of our pupils and community.**
- **Engaging with Universities/businesses/health professionals and charities to create learning and wellbeing opportunities for our young people and staff.**
- **Embedding health and wellness in school policy to create a safe, inclusive, healthy and nurturing environment for pupils/staff/community.**
- **Gaining recognition for our whole school vision re wellness by becoming one of the first schools in the Borders to be recognised as a Carnegie Centre for Excellence.**

