

## Scottish Mental Health First Aid Lockdown Support

*The development of mental health support for young people at JGHS has always been at the heart of our work with young people. Last year, 20 members of staff trained in Scottish Mental Health First Aid. As we all ploughed our way through the first lockdown, upskilled with online learning and working from home, it became increasingly apparent that one of the biggest factors affecting our young people (and each other) centred around the mental health and wellbeing of everyone. We supported as best we could as we all found our feet.*

During this second lockdown, we set up a lunchtime rota with 2 members of staff available each lunchtime to respond to any support requests. Students can contact us through

support access forms asking for help and sharing their preferred method of contact, whether this be a video call, telephone call, or email to begin with. We offer advice on mental health websites, sleep apps, helpline contacts, or by simply being a friendly voice to chat to and offer some reassurance that they are not alone. We are still developing this as we are in the early stages. If we can continue to improve and develop this, we promote an approach of early intervention with the mental health and wellbeing of our young people, which is the very foundation upon which all their relationships and learning are built.

**Nikki Graham**  
James Gillespie's High School

**IT'S REALLY NOT A BIG DEAL.**

*It doesn't need to be, but if you're struggling with your mental health, we can help.*

At James Gillespie's High School we are here to listen. During lockdown we will be offering a support team who will be available every lunch time.

- We can offer you a call back. This way you can have a conversation over the phone with one of our trained Scottish Mental Health First Aiders.
- We can offer you email correspondence when you can engage in email back and forth with the person on duty.
- We can also offer you a video call via TEAMS. This can be with video on or off. What ever makes you feel most comfortable.

INTERESTED? FIND THE LINK TO THE FORM IN YOUR PSE TEAMS PAGE

# Balerno High School and Scholar/e-sgoil Engagement

*As a school we have been engaging with Scholar for our senior pupils since 2016. This has been taken up by all the subject areas that scholar offer on their platform. This has grown in this time and this has also seen an increased usage by the teachers and pupils in our school.*



Over the last four years we have promoted this through the following approaches:

- \* Twitter and sharing all the upcoming support sessions
- \* Parent/carer email each week, on a Friday, with the sessions for the following week.
- \* Parent/carer workshops at the start of the new timetable, as part of a carousel of workshops for senior pupils and parents and carers in June.
- \* Promotion to seniors through assemblies and daily bulletin.
- \* During lockdown promotion to seniors through Bulletin on TEAMS.
- \* Ensuring staff have access to all log in details for pupils, to ensure they have access.
- \* Information held in a central point for staff to access and to be able to share with pupils.

- \* Departments and Faculties raising the profile through their use to support lessons. Including the use of end of unit assessments to evaluate pupil progress.

When we returned in August this year and with Scholar and e-sgoil working together to provide live lessons and online support, we issued all pupils with their GLOW Log in to allow them access the platform in this manner. This was completed through communication with pupils in school and through TEAMS, along with communication to parents and carers to inform them of the process and to allow them to support at home in accessing the platform. This was well received and led to a high number of pupils engaging in the online sessions.

We continue to promote the available sessions across all platforms with pupils, staff, parents and carers, to ensure they are aware of all the available sessions and resources, whether we are in the school building or supporting with online learning.

## Castleview Primary School

**Castleview PS was nominated to receive a total of £12,000 of funding by Amazon in December in recognition of the success of their stalwart partnership with Magic Breakfasts providing food for their school community during lockdown.**

# Holocaust Memorial Day

As part of our commemoration of National Holocaust Memorial Day on the 27 January, this very emotive and challenging poem, written by one of our 3rd year RMPS pupils, was shared with Leith Academy pupils, parents and staff. The poem was entered into the Anne Frank Writing Awards 2020 and received a well-deserved Commendation.

## A Corrupted Nation

When Anne hid from the world  
from the men  
She hid from more than them  
Her family, friends lost a piece  
while the world battled peace

Anne gave herself away her diary a way  
to communicate about life in a war  
That ended too late

But Anne was murdered  
By monsters, cause  
Nazi's weren't human  
I'm more a man than them  
Except they were human-  
People we can't stop that,  
They're not a separate being  
We need to start the  
Deed, of treating them

As people

Othering ends up

Smothering

The way we  
View, we see  
Ourselves

They're people  
People did this  
People still do

Discrimination has corrupted  
The nation

Built to oppress,  
I can't stress  
This enough  
Because enough  
Is enough  
Anne was murdered  
By people who we

Allow in our society,  
Why go quietly?

neo-Nazi's are being excused  
while people are abused  
we can't get comfortable  
we need, need to feel uncomfortable  
race, class, gender, age, religion  
I'm done

We're done

With this sectionalised society  
people-police are breaking laws  
moral codes, we need to break systems  
Anne was murdered

We're told to never forget  
never

never again

but again

and again

we forget

we promised never again

but again, we forget

again, we choose to forget

never again

we must not forget.

We're being

Slaughtered

In pointless wars

Pointless bombs

Are destroying lives

Children are dying

Then the next bomb arrives?

The hatred

And violence

Cannot

Will not

Consume us

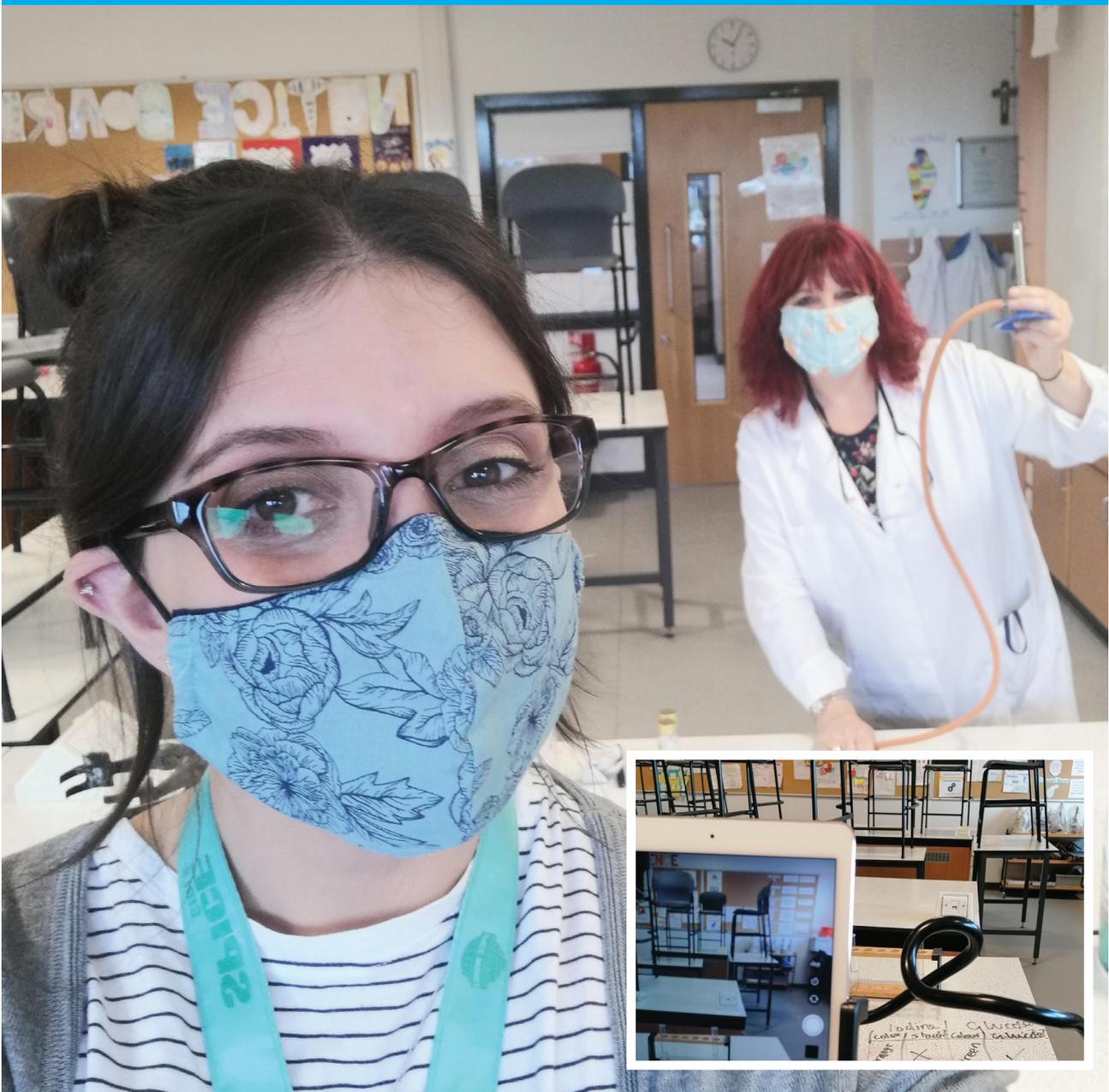
**Lily – 3rd Year Pupil  
Leith Academy**

# A Practical Solution at Holy Rood!

As pupils, teachers and parents adjust to the return of remote learning, the desire to continue moving forward with the curriculum was always going to be a big challenge. Live online lessons have swiftly become normal practice, and all involved are on a rapid upward trajectory with regards to their own IT skills. However, for the Science staff at Holy Rood RC High School, one thing that was always

going to be difficult to replicate are the benefits that experimental work brings to the learning experience. YouTube videos showing an unknown professor carrying out a similar practical can only get you so far! Sometimes pupils need a familiar face, in a familiar setting, so that they can really engage with the lesson.

In order to address this, Miss Henderson and Mrs Gulliver-Sloan took on the challenge of delivering the practical work directly to the pupils - in a socially distant and virtual way of course. The time spent in school was a huge success, with some demonstrations recorded to share with classes at a later date, while also carrying out some live online lessons too – watch out Blue Peter!



# Parental Engagement at Currie Community High School

***In ongoing unknown and uncertain times, we as a school have placed strong emphasis on the importance of communicating and engaging effectively with parents and carers. Since the return to school in August and for the duration of August we shared with parents/carers a daily bulletin highlighting key information about health and safety, learning and took this as an opportunity to celebrate the achievements of our young people also.***

Every Friday since, I share my HT Family bulletin with all parents/carers in the form of a SWAY and this updates families on the week been and the week ahead including any celebration of success. We place this on the school website and on Teams so young people have access to this information as well. This has been well received by parents/carers and young people who feel that they know what is happening in the school, who to contact if they need support and what is coming up. Throughout the pandemic we have surveyed our parents/carers and young people and have used the family bulletin as a platform to share 'you said, we will.' We too have worked closely with the Parent Council to gather, analyse and act on feedback which has only strengthened our partnership working.

In addition to this, we held Parental Engagement workshops focused on each of the five Renewal themes as part of our Improvement Plan for this session. We invited parents and carers to join these workshops via an online Teams meeting. The format of the workshops was a presentation delivered by the lead member of staff in each area (Health and Safety, Learning Teaching and Assessment, Equalities, Equity and Inclusion, Transitions and Wellbeing and Resilience) and this was followed by a series of open questions that promoted rich discussion. Parents/carers were able to discuss, ask questions of each other and emerge as leaders themselves, very much taking an active interest in how they can support the school but also support their own child. These workshops were well attended and clear actions arose from each one. It was fantastic to work with such enthusiastic parents/carers who are so ambitious for the school and their child. We intend to follow up each workshop after the February break until Easter and these discussions will help inform our ongoing recovery and improvement planning actions for next session. We very much look forward to continuing to work in this way so that parents/carers are not only providing feedback but very much working with us to make decisions about ongoing improvement here at Currie.

## Parent/Carer Testimonials:

'I was delighted to be given the opportunity to contribute to these discussions. I felt heard and that by working with the school and can help at this difficult time.'

'This was a really good way to involve parents in particular areas of school life that we are interested in. I really appreciated the opportunity to hear the school's vision and to provide feedback based on my experience as a parent.'

'I thought it was really good that we identified clear actions from each meeting where both teachers and parents/carers have things to do to help the current situation.'

'We have these groups and Parent Council groups which is giving parents a voice.'

# Winter Woollies Equality Day at Wester Hailes Education Centre!

**To mark our ongoing commitment to our Equalities Group we held a very special 'Winter Woollies' event at the end of the December term.**

Designed in collaboration with pupils and staff (the EG is a joint enterprise combining both) the day combined fun activities, reflective tasks and plenty of creativity. Pupils designed a quiz to get staff and pupils engaged with the wider issues of Equality, staff displayed their artistic sides with a Design a Festive Jumper competition (judged by the pupils) and everyone enjoyed the themed film showing in the afternoon.

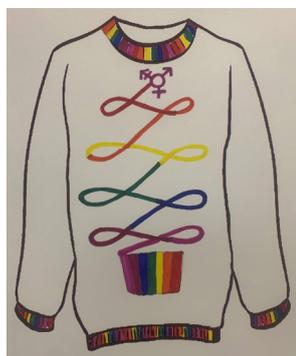
Linking to our schools ongoing support of the Show Racism the Red Card charity we engaged our social media channels with messages of support and created images demonstrating whole school engagement with the campaign.

We all very much enjoyed our day and were very proud of the very active engagement and reflective citizenship shown by our pupils and staff.

**#SRTRC #TeamWHEC #WinterWoollies**

SHOW  
RACISM  
THE  
RED  
CARD

## WHEC's Equalities Festive Friday



Winning staff entries for our  
Equalities Festive Jumper Design

EQUALITY

# AiFL with Virtual Whiteboards

*With the limitations on moving round the classroom introduced this year, my classroom whiteboards have been a lifesaver. For both multiple choice questions to get an overall view of understanding, to more complex calculations and questions, I've been able to quickly assess and provide feedback to pupils without having to compromise COVID classroom restrictions.*

However, moving to lockdown immediately removed my access to instant assessment and feedback. The Teams chat ability provided an alternative, but many pupils were unhappy about posting answers publicly. Luckily, I then found whiteboard.fi. It is exactly what I needed – a simple virtual whiteboard application that only requires pupils to click a link and put in a name.

The teacher can see all whiteboards at once, but pupils can only see theirs. Whilst it isn't suitable to any long written answers, it is perfect for ongoing assessment on multiple choice and shorter

questions. In addition, the free version provides everything I need, which saves on some frustration at meeting yet another paywall in the hunt for useful education tools.

Whilst hopefully we can be back in the classroom with my actual whiteboards soon, for the moment this virtual replacement has made digital teaching significantly easier.

**Kathy Wellman**  
**Liberton High School**

