



# Wellbeing at Wallace



# Mental Health First Aiders

At Wallace high we have select staff members who have been trained to support pupils with their mental health and any other issues they are having. By knowing there is people in the school you can talk to promotes our wellbeing.



# Mental Health Champions

Within Wallace High we have two groups of pupils who work together to break down the stigma around mental health and who have had training so that they know what to do if someone wants to talk to them about their mental health or anything troubling them at school or home. There is junior group and a senior group. We also educate our pupils about it mental health. We do many things such as;

- Attend mental health conferences
- Create presentations and posters
- Do assemblies to educate pupils
- And much more



# Mental Health Week

Mental health week is a week which promotes mental health at Wallace. Throughout this week there are activities which educate pupils about mental health and the support that is available within the school and also about charities which support those with mental health issues.



# School of Sport

Wallace High School is the Scottish school of Sport. This is a programme which allows pupils to take part in one of our five schools of sport during class time. These sports include basketball, football, rugby, swimming and dance.

This promotes well being because it is proven that doing sports increases serotonin levels. By giving pupils the opportunity to do more sport it builds confidence and improves their mental and physical well being.



# Health and Wellbeing classes

Every pupil at Wallace High school gets a class of health and wellbeing every week. In these classes we learn about how to improve our wellbeing and different life skills.

This promotes wellbeing by making sure everyone knows how to care for their wellbeing.



