

Health and Wellbeing Update September 2024



West Lothian Health and Wellbeing Team

Our vision is to focus on **what matters** for our children, young people, families and staff by making **small changes** to create a **big difference**. Through a Trauma Informed Lens we value opportunities for pupils, families and staff to be **Empowered**, have **Choices**, feel **Safe**, **Resilient** and **Collaborative** with each other. We aim to improve holistic wellbeing outcomes to ensure that all children and young people have the **resilience** and **capacity** to be:

- Successful Learners
- Confident Individuals
- Effective Contributors
- Responsible Citizens

Meet the Team

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#whatmatters @WlhwChamps #smallchangesbigdifferences

#whatmatters

Empowerment

Partnership Working

People

#whatmatters

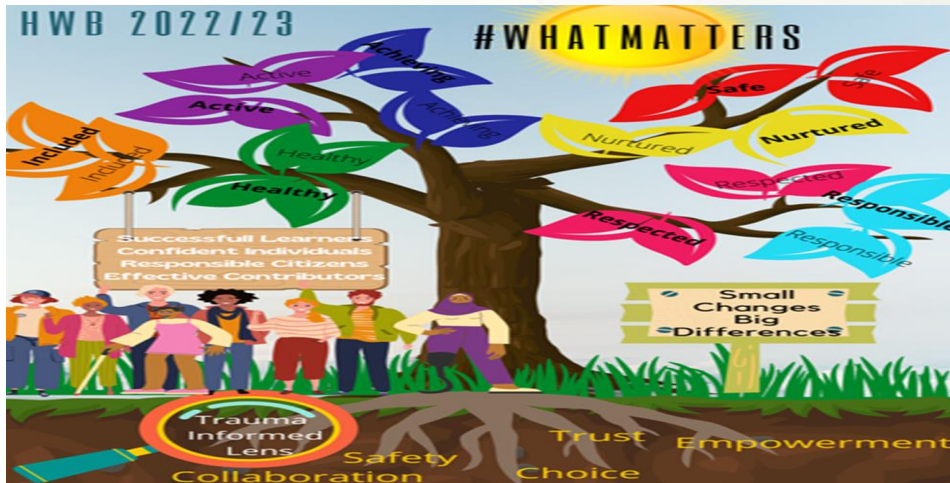


@WlhwChamps

#SmallchangesBigdifferences



The Journey So Far.....



#whatmatters



@WlhwBChamps

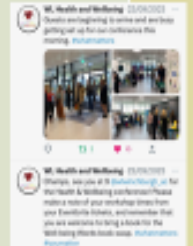
#SmallchangesBigdifferences



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Action Plan Progress

Action	Impact
<p>HWB Conference in September</p>	<p>91% of attendees evaluated the conference workshops as being relevant to have a positive impact on learners.</p> <p><i>Very relevant, succinct and inspiring workshops</i></p> <p><i>So well organised and informative. Relevant and inspiring</i></p> <p><i>My mind is buzzing with ideas sparked by what I've heard today. Such a worthwhile morning.</i></p> <p><i>Another incredible learning opportunity. So many exciting solution based conversations. It was a fabulous morning with so many inspiring and insightful workshops</i></p> <p>Conference Attendees</p>
<p>Champ Networks</p>	<p>100% of Champs have evaluated networks are being successful this year.</p> <p><i>Keeping connected and sharing others ideas and successes</i></p> <p>Family Champ</p> <p><i>Thank you for always being a ray of sunshine and leading this team so ensure we all know #whatmatters for our children!</i></p> <p>HWB Champ</p> <p><i>Our voices matter-we're on the same page</i></p> <p>Mini Champ</p>
<p>Children and Young Person Mental Health Pathway Development</p>	<p>100% of Champs have liaised with us to develop the pathway-we can't wait to share it at the conference.</p>



Action	Impact
Equality and Diversity Case Study	ELC, Primary and Secondary Settings have worked together to produce case studies for the Education Scotland Equality and Diversity Roadmap. The National launch will happen early in the new academic session. The inspiration provided has helped our team to produce Equality and Diversity Guidance as part of our Positive Relationships Policy Refresh.
Trauma Informed and Skilled Training	<p>96% of delegates have increased understanding of what trauma is and how common it is.</p> <p>100% of delegates understand the ways that trauma can affect people, including the impact on people's brains, bodies and behaviour.</p> <p>96% of delegates know how to support people following a traumatic event and their role in promoting safety.</p> <p>98% of delegates understand ways in which they can support people to recover from trauma.</p> <p>98% of delegates developed knowledge and skills to care for their own wellbeing.</p>
Curriculum Moderation	<p>100% of staff involved now feel more confident in delivering and moderating more elements of the health and wellbeing curriculum.</p> <p>Impact-Confirmation of attainment and engagement levels. Cluster planning like this ensures continuity.</p>
Learning for Sustainability Pathway and Active Travel	<p>-Our Learning for Sustainability Map/Pathways guidance for practitioners has been developed in collaboration with partners.</p> <p>-Winchburgh and Sinclair Sustainable and Active travel support project successes including:</p> <ul style="list-style-type: none"> • A fleet of new bikes for schools to use • Active travel hub storage & workshop facility • Almost all P7 pupils from feeder primary school trained in Bikeability Levels 1 and 2 • Over 50 secondary school pupils not previously trained in cycle proficiency are now trained • Secondary afterschool cycling club • Links with Linlithgow Community Development Trust established • Continued support planned for 24/25 with IBike Officer interventions





#whatmatters



@Wlhwbcamps

#SmallchangesBigdifferences



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The Work of our hands.....



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space

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Support for Your Wellbeing

The West Lothian Way



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Visit: www.westspace.org.uk



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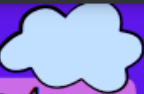
#SmallchangesBigdifferences



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HEALTH AND WELLBEING CLPL OFFERS 24/25 #POSITIVECONNECTIONS



Term 1

Event - HWB Conference
Date - 20/9/24
Time - 9.15-12.15pm
Venue - Winchburgh Academy
Audience - HT/Champs & invited guests

Event - Walking Wednesdays
Date - 18/9 & 9/10
Time - 4.15 - 5pm
Venue - 18/9 - Almondell Country Park
 9/10 - Polkemmet Country Park
Audience - All staff

Term 2

Event - Lfs Together We Can Bitesize
Date - 23/10/24
Time - 4-4.45pm
Venue - Online
Audience - All staff

Event - Probationer 'Learning About HWB General focus
Date - 30/10/24
Time - 4-4.45pm
Venue - Online Teams
Audience - All probationer teachers

Event - PEPAS Conference
Date - 8/11/23
Time - TBC
Venue - TBC
Audience - All staff

Event - Trauma Informed Bitesize
Date - 13/11/24
Time - 4-4.45pm
Venue - Online
Audience - All staff

Event - Mental Health Pathways Bitesize
Date - 11/12/24
Time - 4-4.45pm
Venue - Online
Audience - All staff

Term 3

Event - Trauma Informed Bitesize
Date - 15/1/25
Time - 4-4.45pm
Venue - Online
Audience - All staff

Event - Growing a Culture of Compassion
Date & Venue - 16/1/25 Our Lady of Lourdes Blackburn PS
 17/1/24 St John the Baptist Fauldhouse PS
Time - 3.45-4.45pm
Audience - All staff

Event - Personal & Purposeful Learning Bitesize
Date - 19/2/25
Time - 4-4.45pm
Venue - Online
Audience - All staff

Event - Probationer 'Learning About HWB Primary focus
Date - 25/1/25
Time - 4-4.45pm
Venue - Online Teams
Audience - Primary probationer teachers

Event - HWB Tracking & Monitoring Bitesize
Date - 12/3/25
Time - 4-4.45pm
Venue - Online
Audience - All staff

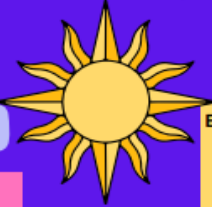
Term 4

Event - Lfs Together We Can Bitesize
Date - 23/4/25
Time - 4-4.45pm
Venue - Online
Audience - All staff

Event - Walking Wednesdays
Date - 30/4, 14/5, 11/6
Time - 4.15 - 5pm
Venue - 30/4 - Linlithgow loch
 14/5 - Polbeth Community Garden
 11/6 - Winchburgh canal
Audience - All staff

Event - Probationer 'Learning About HWB Primary focus
Date - 7/5/25
Time - 4-4.45pm
Venue - Online Teams
Audience - Secondary probationer teachers

Event - Trauma Informed Bitesize
Date - 14/5/25
Time - 4-4.45pm
Venue - Online
Audience - All staff



#whatmatters

#W@hbChamps

#SmallchangesBigdifferences

#Youmatter



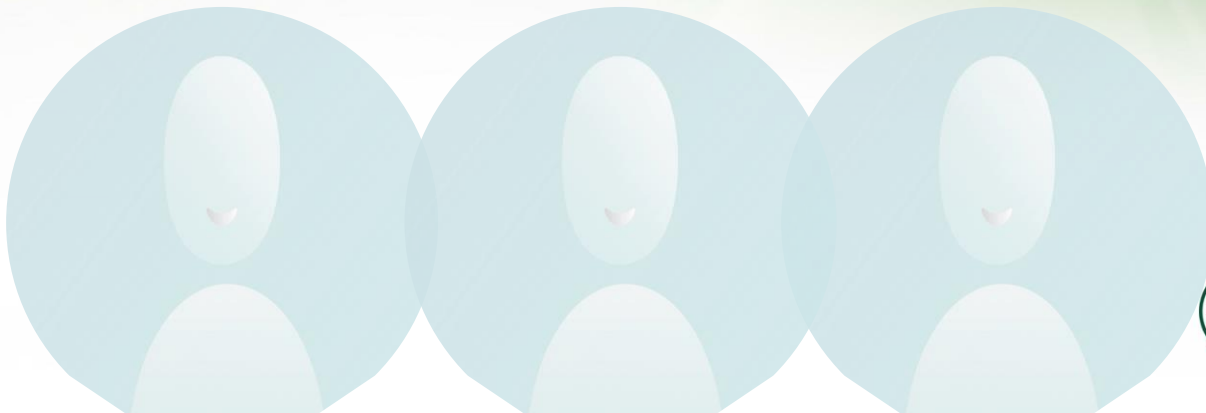


Together we can
West Lothian
Learning for Sustainability
Small changes BIG differences

Learning for Sustainability

Together We Can

"The current generation of learners see climate change as one of the most significant issues facing their futures and, as such, must be recognised as a key driver influencing the future of our education system." - Muir report



Network Dates for 2024-2025

Staff Champs	Mini/Midi Champs	Family Champs
<p>4-5.15pm In person at West Calder High unless stated</p> <p>20/9 - In person at Winchburgh Academy 9am - 12.15pm</p> <p>6/11 - In person-West Calder High: Positive Connections: Young Carers</p> <p>4/12 - online: Positive Connections: Social Policy and EP Team</p> <p>5/2 - In person-West Calder High: Positive Connections: Jak's Den</p> <p>12/3 -In person West Calder High: Positive Connections: Bankton PS Happy Me</p> <p>8/5 - Celebration of Success: Self Care Session</p>	<p>One online Teams session One in person cluster session One Celebration of Success Fun Day session at WCHS</p> <p>11/9 - Online Teams - 2 - 2.30pm - Action Plan Review</p> <p>30/10 - Linlithgow Cluster - 11-12 13/11 - WCHS Cluster - 11-12 27/11 - ICH Cluster - 11-12 11/12 - DCHS Cluster - 11-12 22/1 - Winchburgh & Sindair Cluster - 11-12 29/1 - Bathgate Cluster - 11-12 19/2 - JYHS Cluster - 11-12 12/3 - ASN Cluster - 11-12 19/3 - St Kentigern's Cluster - 11-12 2/4 - St Margarets Cluster - 11-12 30/4 - Broxburn Cluster - 11-12 14/5 - Whitburn Cluster - 11-12 then Armadale Cluster - 1.30 - 2.30</p> <p>28/5 - Fun day for all Champs at WCHS - 9.30 - 11.30 then 12.30 - 2.30</p>	<p>6 - 7pm In person at West Calder High unless stated</p> <p>2/10- Reflections from conference, Launch Action Plan</p> <p>27/11 - West Lothian Climate Action Network</p> <p>2/4- Online Safety</p> <p>22/5 - Final Update and celebrating success</p>

***Please note that Mini/Midi Cluster Champ Meetings have an online option to join**