

NURTURE NEWS

Hawick High School Wellbeing and Learning Hub 18.12.2024



Welcome to our 4th edition of our nurture newsletter where we share regular updates from the Hub!

Staffing Changes

We would like to say a warm welcome to our new full-time youth worker Lesley Hume! Most of you already know Lesley as a former ANA who has now joined our team.

Watch this space as we are currently in recruitment stages to take on an additional part-time youth worker.



Lesley looks forward to being part of the team and working closely with the children and young people! Lesley is keen to extend our partnership working within our community.

Hawick High School Sustainability Shop

A huge thank you to all who supported us with the donations and late openings of our Sustainability Shop. Over the past few weeks on the run up to the school dance, we received a huge amount of generous donations of dresses, shirts, bags etc. These were available for all pupils, and it was lovely to see some families popping in and having a browse.

Sadly, we have now lost our lease with the Sustainability Shop, however we have now moved all of our school uniform along to the Parent Room in school so please feel free to pop along with pupils to grab what they need.



Nurture Principle 2: Wellbeing
'The Importance of nurture for the development of wellbeing'



Top tips to support the development of wellbeing in young people:

- Understand the zones of regulation and support the young people to use this as a communication method
- Be a positive role model to all pupils
- Encourage young people to build on their social and emotional skills by working in groups and pairs
- Promote our pupil's voices
- Praise small achievements and take the time to contact families when young people have done well

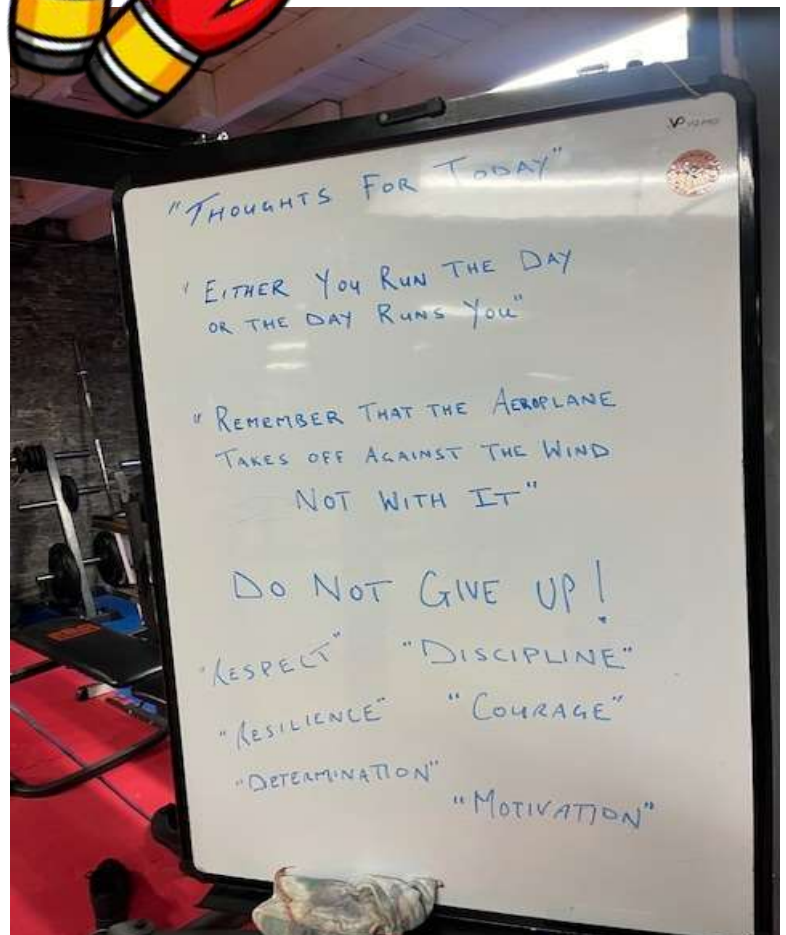


Improving mental and physical wellbeing through Boxing

'Young people build their health and wellbeing'

Over the past few weeks we have been working in partnership with Police Scotland Youth Engagement and Hawick Boxing Club. We identified a need to support some of our young males with various topics such as building resilience and confidence.

See comment from PC Ryan Stewart: 'We as partners are currently learning and discussing the individuals' morals, values, life experiences and what motivates them. You could then explain at the start of every session, I give them two "Thoughts for today" and indeed thoughts that should last a lifetime and we discuss what they mean and how the phrases have "Resilience" "Motivation" "Respect" "Discipline" "Confidence" "Courage" all hidden within them. The boys are then put through their paces by Andy and I, with a warm up, circuit stations, foot drills, culminating in a bag and pad session. At the end of the session the pupils are asked questions on what they have learned during the input and on all occasions, they have provided very positive feedback praising their peers whilst also providing a good level of constructive criticism. The dedication, motivation and behaviour on display has been exemplary.' We hope to continue our working with the Boxing Club into the New Year.



Promoting Christmas Kindness

‘Young people grow as active citizens, expressing their voice and enabling change’

As part of our group work with some of our girls, we have been working on a project focusing on promoting Christmas Kindness. Over the past few weeks, we have identified small businesses within Hawick who have supported us as a school, as well as support our community. We have discussed the reasons why it’s important to be kind, as well as discussing positive behaviours and how to interact with members of the public. This piece of work has had a targeted focus of improving behaviour within the community, as well as encouraging the girls take ownership of this project and improve self-esteem through random acts of kindness.



We visited:

- Hawick Community Hospital
- Bargain Buys
- Hawick Police Station
- Hawick Fire Station
- Hawick Ambulance Station
- St. Margarets Care Home
- Morrisons (Burnfoot)
- Post Office (Burnfoot)
- Tony’s Takeaway
- Johnstons of Elgin



Young people shared that they felt ‘joyful’ and ‘happy’ on our way back to school.

6 Tips for a Healthy Holiday Mindset



**EAT
MINDFULLY**



GET MOVING



**PRIORITIZE
SLEEP**



**PRACTICE
KINDNESS**



**DECLUTTER
YOUR LIFE**



**TAKE TIME
FOR
YOURSELF**

That's all for this month, in our next edition we will share all about our recent group work 'Imagine A Man'! If you would like any additional information, or wish to include anything in our newsletter please contact molly.ballantyne@scotborders.gov.uk

MERRY CHRISTMAS & HAPPY NEW YEAR!