



Dear Parent,

As we aim to develop and build on the plethora of provisions in place to support pupils and enhance health and wellbeing, we aim to launch a website aimed to identify the support structures available in school and a wide variety of resources which will hopefully aid mental, physical, emotional and social health & wellbeing.

We recognise that supporting your child's mental health and wellbeing can be a challenge. Equally, we understand that it is important to work together in partnership with parents to provide the best support possible to our young people.

This website called Braes Brightside, offers ideas about how to become healthier and happier and signposts to school supports, local organisations, groups and opportunities. In light of the parent consultations, the following signposts have been collated to help empower parents/young people in the Braes High School Community. These signposts will allow parents/young people to better support their mental health and wellbeing.

The resources available will be updated regularly and provide a basis of support in the first instance should it be required. As requested, a breadth of mental health issues have been addressed within each tab and include a brief description outlining the support available.

Website: <https://sites.google.com/fa.glow.scot/braesbrightside>

Twitter: @BraesBrightside

If you would like more information or wish to discuss concerns please do not hesitate to contact your respective pastoral head:

Yours faithfully,

George Burnett
Principal Teacher of Pastoral Care
Ochil House