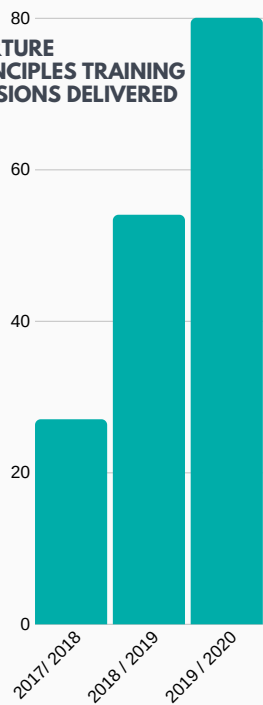


HOW DO WE KNOW NURTURE TRAINING IS HAVING AN IMPACT?

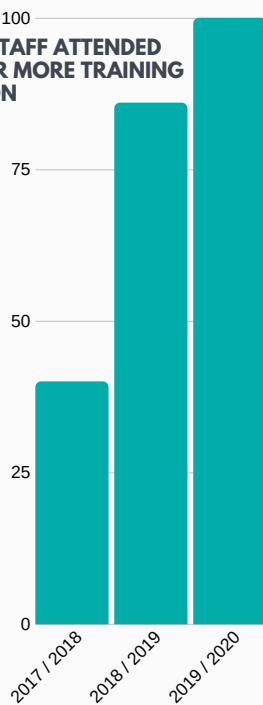
Here is a snap shot of how we know what we are doing is making a real difference in OLSP. Some of these statistics offer data that shows impact, the nurture principles training is having on our children and young people.

"STAFF HAVE AN UNDERSTANDING OF THE NATIONAL DRIVE FOR NURTURE"

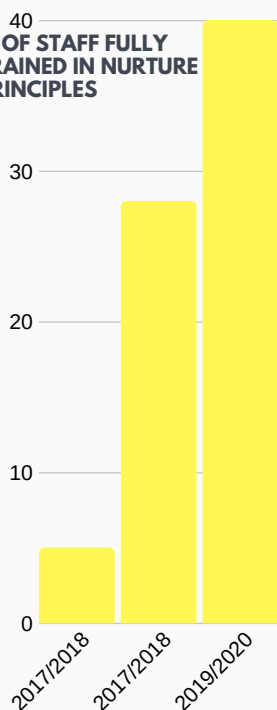
NURTURE PRINCIPLES TRAINING SESSIONS DELIVERED



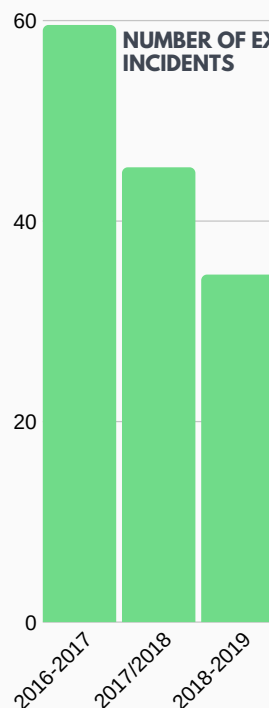
% OF STAFF ATTENDED ONE OR MORE TRAINING SESSION



% OF STAFF FULLY TRAINED IN NURTURE PRINCIPLES

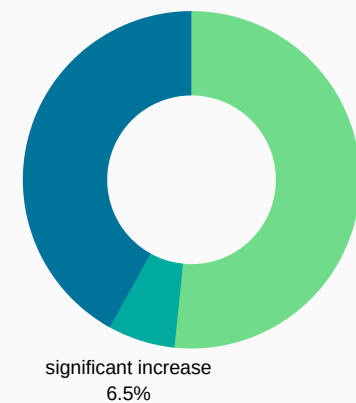


NUMBER OF EXCLUSION INCIDENTS



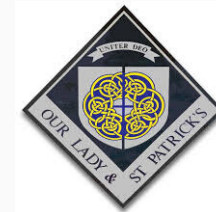
Exclusions per year per 1000, pupils has reduced by 24.9 which represents a 42% reduction in exclusions whole school, therefore, there has been a downward trend in the number of exclusion incidents over the last 3 years.

IMPACT ON ATTENDANCE FOR TARGETTED GROUP



39% of pupils within the targeted group have shown an increase in attendance. 6% of pupils have shown a significant increase in attendance. 48% of pupils within the targeted group have maintained an attendance level of 85% and above.

Developing a Whole-School Approach to Nurture in Our Lady & St. Patrick's High School



"All of the teachers who attended nurture principles training viewed it as a valuable learning experience, which benefited the way they work in their classrooms. Teachers said that instead of reacting to pupils' behaviour, they considered it in light of their new knowledge"
Teacher - OLSP

"staff in the nurture group make young people feel safe and good about themselves by creating a relaxed, quieter and fun environment. 'Before I was annoyed in class, now I'm calmer because of the nurture group"
S2 Pupil - OLSP

- **70 Nurture Principles Training sessions have been delivered to staff in OLSP as of January 2020**
- **100% of the school staff have engaged with the Nurture Principle Training Sessions.**
- **46 members of staff, representing 41% of the school have completed all Nurture Training Modules.**
- **A further 30% of staff need to undertake 1 or 2 modules in order to complete all Nurture Principles Training.**
- **There has been a downward trend in the number of exclusion over the last 3 years.**

DOWNWARD TREND IN THE NUMBER OF EXCLUSIONS OVER THE LAST 3 YEARS.

HOW DO WE KNOW MINDFULNESS IS HAVING AN IMPACT?

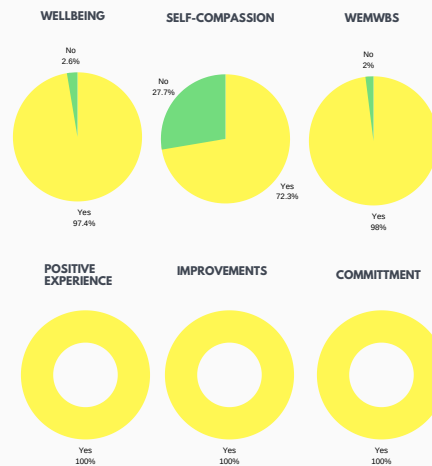
Mindfulness at Our Lady & St. Patrick's High School



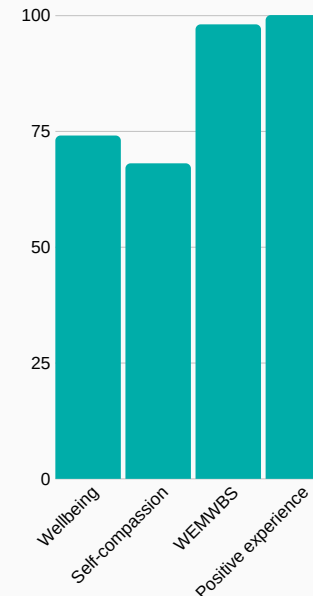
Mindfulness is a self-regulatory approach to help reduce stress and anxiety and to help to manage emotions more productively. Mindfulness in schools is not just about children and young people; it is also very much about those who care for them.

- 74% of participants scores show a positive change in self-reported well-being
- 68% of participants scores show a positive change in self-reported self-compassion
- There were statistically significant improvements between baseline and follow-up scores on well-being measures (WEMWBS)
- The .b Foundations course has been reported as a very positive experience for 100% of participants.
- Participants saw positive improvements in their work and home life.
- Participant's comments demonstrate a commitment to supporting the roll-out of mindfulness across the school.

STAFF



- To date, 56 members of staff, representing 50% of the school have undertaken the Introduction to Mindfulness Programme
- 28 member of staff have undertaken the 8 week Mindfulness Course with a further 12 members of staff participating in February 2020
- 2 teachers have completed the 4 day .b training course in May 2019 and are now fully qualified to teach Mindfulness to young people. A further 5 members of staff are due to attend the 4 day training course in May 2020.
- 30 young people in S2 have completed a 5 week block of Mindfulness.
- Next session all pupils in S1 will receive a 5 week block of Mindfulness with a further 4 week block being delivered in S2.



This chart indicates the effectiveness of the Mindfulness Programme on staff at the school.

QUOTES FROM S2 PUPILS

"I enjoyed the Mindfulness lesson every Monday morning" S2 Pupil - OLSP

"Doing the Mindfulness was fun and helped me to relax and chill out a bit" S2 Pupil- OLSP

"Mindfulness is a good way to cope with stress, I enjoyed going every week" S2 OLSP

"THE COURSE HAS MADE ME TAKE TIME TO THINK AND ACT DIFFERENTLY IN MANY ASPECTS OF MY LIFE, BOTH AT HOME AND AT SCHOOL" TEACHER OLSP

"I was concerned, initially, that this may not be for me. However, from the outset I realised I could gain from this training/experience. I looked forward each week to the session – it became the highlight of my week." Teacher - OLSP

"Overall the training was of an excellent standard, informative and beneficial to my well-being and mental health." Teacher OLSP



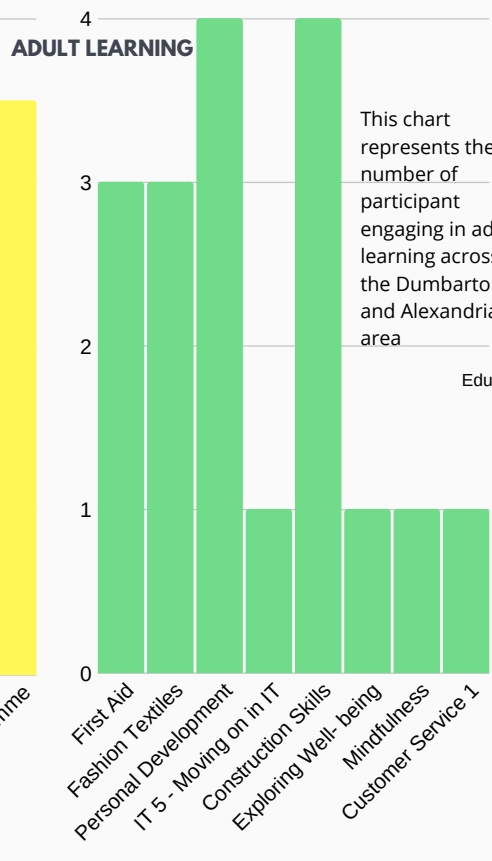
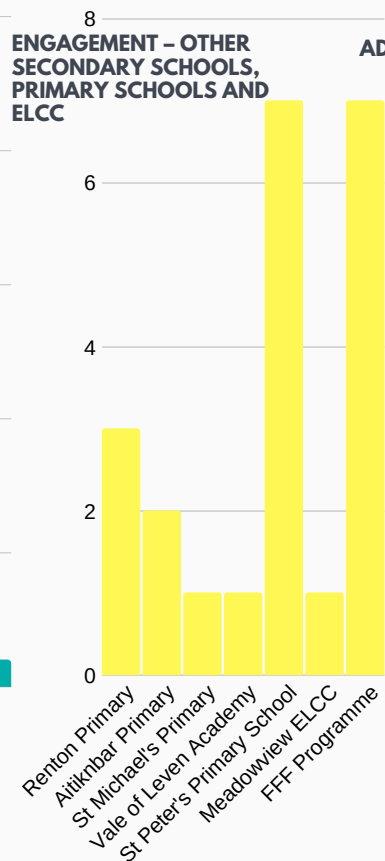
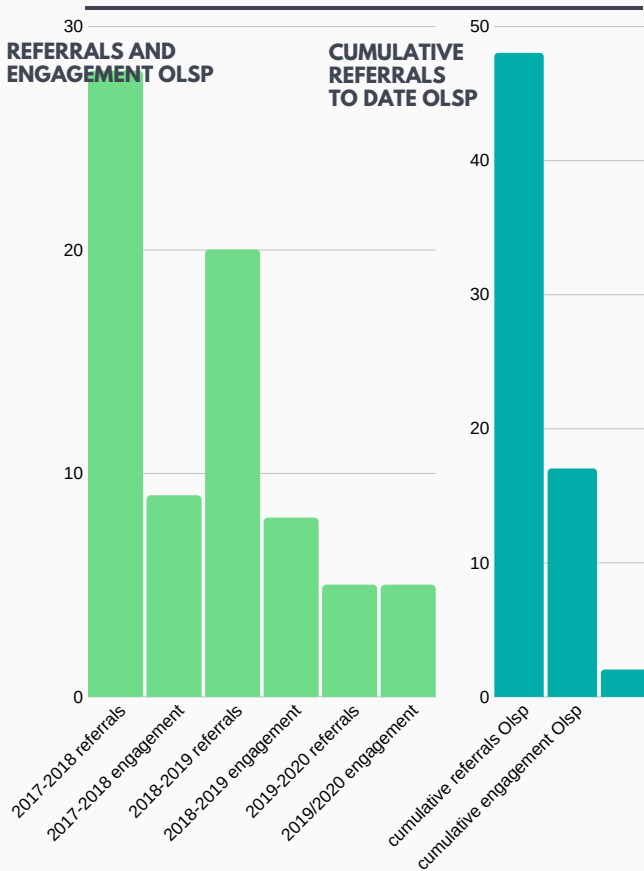
HOW DO WE KNOW THE FAMILY OPPORTUNITY HUB IS HAVING AN IMPACT?

Family Opportunity Team at Our Lady & St. Patrick's High School

The Scottish Attainment Challenge element is focused on supporting those families that have been referred by education staff both within the Family Opportunity Hubs themselves as well as from other early learning and childcare centres, primary schools and secondary schools across West Dunbartonshire.

Here is a snap shot of how we know the Family Opportunity Team are making a real difference in OLSP. Some of these statistics data shows that the hub is optimising opportunities for families, individuals and pupils to access training, education and employment.

- **To-date within OLSP, there have been 48 referrals which has resulted in 17 families currently engaged with the family opportunity team**
- **26 families within the Dumbarton and Alexandria area have been or are currently being supported**
- **18 families have engaged in adult learning programmes including First Aid, Construction Skills, Personal Development, Moving on in IT, etc**



This chart represents the number of participant engaging in adult learning across the Dumbarton and Alexandria area

AREAS OF SUPPORT FOR FAMILIES

