

## Q&As

1. When can we start delivery of the six week programme(s) for Y7/S1 and/or Y8/S2?  
*In theory, any time from September (once teacher training has been completed and Partnership/Data Sharing Agreements have been signed).*
2. Which subject should we deliver the programme in?  
*Ideally PSHE, but PE or Citizenship or a combination of two or three would work.*
3. How much time do we need to allocate for delivery of the programme?  
*1 lesson per week for six weeks in Y7 then the same when they move into Y8. Up to 7 minutes of form time (ideally 5 days per week) to play the audio track. Each track should be repeated for a week.*
4. How will the staff training be delivered?  
*Either entirely through online modules or through a combination of live/pre-recorded webinars and online modules.*
5. How will the impact of the programme on our pupils be assessed?  
*Pupils and teachers will each be asked to complete a questionnaire before delivery of the programme begins then again at the end of the programme. We may also anonymously collect contextual data such as SEND/EAL/PP status, sex to match to pupils' questionnaire responses. This has been GDPR risk assessed by Edinburgh Council and the schools that we worked with in 2020-21 to ensure compliance with GDPR legislation. We will liaise with data managers (usually your school's Business Manager) to arrange this after you have reviewed and signed our Partnership and Data Sharing Agreements.*
6. What do I need to do/have done to sign up for the programme?  
*Provide registration details by email.*
  - your role in school (or the role of a nominated lead contact)
  - the name of your school
  - your school's location in the UK and postcode
  - approximate no. of pupils you expect in Y7 in 2020 - 2021
  - no. of pupils in current Y7
  - school context (e.g. mainstream/PRU/SEMH/academy/mixed/single sex/additional support needs/deprivation status)
  - whether you'd like to be part of our alternative provision working group (if relevant)
7. Is there any cost involved?  
*There is no cost to state secondary schools thanks to funding from the innovation charity, Nesta. The programme will be available to independent schools at a discounted rate for a limited period of time. Please get in touch to discuss.*
8. Can I deliver the programme in tutor time?  
*The external evaluation of our programme from 2019 - 2020 makes it clear that the 6 taught sessions for Y7 and Y8 need to be taught weekly and as full lessons to be impactful so it wouldn't work to split them up into smaller tutor time sessions. However, we could offer you a 'listening only' programme rather than the combined listening and lessons programme. There would still, of course, be no charge to you as a school and you'd have:*
  - full access to the app and school audio tracks for pupils (each track lasts between 3 - 7 minutes so could easily fit into tutor time). The tracks are effective in helping young people to let go of worry; improve sleep; and develop self-esteem, resilience and goal-focused motivation and each one should be listened to every day for five days before moving on to the next track, beginning with mindfulness, relaxation and inner safe space;
  - full access to the app for adults (i.e. school staff and parents/carers);
  - online training for staff;
  - a -pre-recorded webinar about emotional education for distribution to parents/carers.
9. Is the programme suitable for delivery in alternative settings?  
*We are inviting schools in alternative settings to join our AP Working Group so that we can adapt the programme to ensure that it's suitable to meet your pupils' needs. We would then aim for the programme to be delivered later in the school year (perhaps in the summer term).*