



Health and Wellbeing in Argyll and Bute's Schools

Natural High: Drug and Alcohol Awareness Programme

1. Background

Strathclyde Police (Dunbarton Division) funded an interactive presentation of talented singer/songwriter David Graham's "Natural High" schools programme at Hermitage Academy in September for their S2 pupils. This was very well received by pupils and staff, including C Dobbie, Education Support Officer for Health and Equalities. The presentation lasting just over an hour is aimed at 10-13 year olds and David performs his trademark song "Natural High" which forms the basis of the whole presentation. . Everyone has the chance to join in the performances, even teachers and guests, proving that positive, natural highs can be found without resorting to fake highs associated with taking alcohol and /or drugs The pupils actively participate using their own individual talents and skills and are invited to join in with three competitions: Mind, Sports and Fame.

2. Action

A bid for £2,900 was submitted to Argyll and Bute's Alcohol and Drugs Action Team by C Dobbie in November 2008 to support the delivery of this programme to all S1/S2 pupils across secondary schools in Argyll and Bute.

Appendix 1

This was successful and C Dobbie wrote to all ten headteachers/campus principals in January 2009 inviting them to participate during the week 25th May – 29th May

Appendix 2

Tour dates and times were organised for eight performances in the six schools who responded positively and the programme was delivered as per

Appendix 3

3. Evaluations

The performances were extremely well received in all schools by pupils and staff alike. Over 1400 pupils attended these performances. David Graham issued questionnaires to staff and the following quotes were received:

Varied, informative, engaging, inspirational, very well organised and manage. It was much more dynamic than I had expected. There was factual information as well as emphasis on self esteem which was reinforced. The feedback from the teachers was very positive and the students enjoyed it very much and were engaged.

C Cameron, Campbeltown Grammar School

The echo in the village hall meant that the children had to listen extremely carefully and they did! This is always a good sign. Do you have your song on CD? Can we use it in our PSHE programme? The children learnt something new and they enjoyed it.

L MacAlister, Tarbert Academy

Catherine Dobbie, Education Support Officer – Health and Equalities July 09

Very slick and focussed, every attention grabbing presentation which involved the whole audience. It backed up messages already given and it gave a very positive image. There was lots of valuable information and the students thought it was very good – it kept their attention.

C Lemmon, Lochgilphead High School

There was loads of enthusiasm which got the message across, there was something for everyone in the audience. Very effective audience participation, prizes etc very inclusive. The presentation fits in well and complemented our message, both the students were very positive

L Hamilton, Lochgilphead High School

The pupils were fully engaged throughout due to the exceptional standard of the performance. Explanations were clear and concise, the pupils kept on their toes not knowing what to expect next. An excellent presentation in all respects.

K Binnie, Oban High School

The energetic delivery of a message every child should hear, we would love David to return to the school every year. The teachers thought it was brilliant and the students loved it.

A Craik, Oban High School

Superb – content, pace, message, interaction, rapport etc. very professional, the presentation complements previous and future material in PSHE and Citizenship and was spot on for the target audience. I would absolutely recommend the Natural High presentation to other schools and we would definitely like David to return to the school, excellent in all respects.

K Davidson, Dunoon Grammar School

The timing was spot on. David managed both audiences very well and held their attention throughout the performance. We would definitely like to see him return in future years. A+.

S Johnstone Dunoon Grammar School

Attention to detail led to excellent participation and enjoyment, it was even better than last year, superb. The teachers thought this was one of the best projects to come into school and the students loved it.

A Lee Hermitage Academy

A really enjoyable experience, full of energy and a perfect start to a Monday morning! The info was put over in a memorable way. The students were very impressed, we would love the Natural High presentation to return to Campbeltown through the Youth Café project

H Kennedy Social work/ Youth café project

An excellent presentation in all respects, the students enjoyed the presentation and were keen to get involved.

N Ruesgen KADAS
(Kintyre Alcohol and Drug Advisory Service)

**COMPLETE THIS FORM FOR
UNDERSPEND BIDS 08/09**

Named Lead Contact	Catherine Dobbie, Education Support Officer Argyll and Bute Council
Contact details	catherine.dobbie@ea.argyll-bute.sch.uk 0782 4518678
1 Name of proposal	Roll out of “Natural High” programme to secondary school pupils (S1/S2) in Argyll and Bute
2 Outline summary of proposal including aim and objectives. Define expected outcomes/success criteria.	<p>Aim: To deliver this programme to S1/S2 pupils across secondary schools in Argyll and Bute</p> <p>Objectives: To increase awareness of effects of alcohol and drugs misuse (delivered in a very innovative way) To promote alternative safe methods of getting “high” eg music, sports, family, friends, career aspirations.</p> <p>Outcomes/Success criteria Pupils and teachers’ evaluations carried out Schools continue to deliver this in the future as part of their drugs/alcohol education PSHE programmes</p>
3 Please identify evidence of need	<p>“Natural High” was performed at Hermitage Academy, Helensburgh in September to an audience of 230 S2 pupils (plus about twelve S6 pupils who were on a study period)</p> <p>This is an innovative and entertaining method of drugs and alcohol education which really involves the whole audience. The show is very interactive and uses a number of very effective ways to put across the message – “you don’t need to take drugs/alcohol to get high.”</p> <p>The evaluations of this programme were very positive and Anne Lee , Depute Headteacher at Hermitage Academy was very positive about the effectiveness of this and recommended it should be rolled out across other schools. With the forthcoming restructuring within Strathclyde Police, there will no longer be an authority wide trained Drugs Awareness Officer who can be invited to schools to deliver drugs programmes – local community team Police Officers will take this over.</p> <p>The existing resources within Strathclyde Police are not available for funding “Natural High” as it states in the ABADAT strategic plan.</p>
4 Please state clearly how this proposal links to the A & B Drug and Alcohol Strategic Plan 06-09 and/or the local Substance Misuse Forum Action Plan.	<p>This proposal comes under the ABADAT strategic plan under the Prevention and Education strand.</p> <p>Priority: “To promote clear and consistent messages relating to drug and alcohol consumption and associated risks. Over the longer term to contribute to the national aim of reducing drug and alcohol consumption and reducing harmful drinking patterns.”</p>

	Action: Development of youth diversion – natural High for S1/S2 pupils.
5 Evidence of partnership support: please provide contact details of named individuals from each organisation/group who support the bid.	Mark Wilson, Alan Dewar, Strathclyde Police Craig McNally, Senior Health Promotion Officer (addictions) Secondary Schools in Argyll and Bute
6 Please identify the timescale for delivery of the proposal. Please note it is expected that projects would start within 6 months from the bid being granted.	This could be delivered in May 2009
7 Please identify full cost with detailed breakdown	Full cost of delivery of programme: £4,500 8 performances of “Natural High” programme by David Graham. This includes transport, fuel, ferries, equipment, programme cards, pupil rewards, accommodation, subsistence Schools will be asked to contribute £200 each Funding requested from ABADAT: £2,900

DECLARATIONS

Any local bid must be signed by the local Substance Misuse Forum Chair or Vice Chair.

Any Argyll and Bute wide bids must be signed by an A & B ADAT member (must be other than applicant).

EVALUATION

In submitting this proposal I agree to submit any evaluation reports as requested by A & B ADAT

Signature of applicant Catherine Dobbie

Date 1//11/08

ARGYLL & BUTE WIDE BIDS

Argyll & Bute wide bids must be signed by A & B ADAT member (must be other than applicant).

Signature Mark Wilson, Strathclyde Police

Completed applications must be emailed to Rose MacVicar at the Addiction Office (rose.macvicar@nhs.net), **no later than by 12 noon 7th November 2008.** Any bids received after this date will not be considered.

Signed copy of the application must be posted to the Argyll & Bute Addiction Team Office, Argyll & Bute Hospital, Lochgilphead Argyll PA31 8LD **by 12 noon on 14th November 2008**



Argyll and Bute's Health Promoting Schools

21st January, 2009

Dear Colleagues

David Graham "Natural High"

This is a programme/performance aimed at S1/S2 pupils as part of their drugs and alcohol education. Strathclyde Police funded a performance of this at Hermitage Academy last term which was extremely well received by pupils and staff who attended. David is a natural entertainer and puts across the message "You don't have to take alcohol/drugs to get high" very effectively using music, sports skills, competitions and a very creative quiz which involves the whole audience – a superb example of co-operative learning!! Further information is available on www.natural-high.co.uk or www.david-graham.net

I submitted a bid to Argyll and Bute's Alcohol and Drugs Action Team for funding to bring this to the rest of our secondary schools and this has been agreed. However a contribution of **£200** per school will be required to bring the performance to your school.

Ideally this show should be performed at the end of S1/S2 pupils' drugs/alcohol PSHE inputs but this would be impossible to organise and David wouldn't consider it a viable proposition. I would therefore ask you to consider this proposal to bring this show lasting approximately seventy five minutes during the week commencing **Monday, 25th May** to your school. An ideal audience size is 100+ (Hermitage's was 200 and it worked really well) and I would leave the composition of the audience to yourselves. In David's experience, pupils in S3/S4 don't respond so positively although at Hermitage a number of S6 pupils attended and really enjoyed the show.

I would be grateful if you could please confirm by **Friday, 30th January** whether your school would like to participate and identify any more suitable/less suitable days.

Many thanks and look forward to hearing from you. If you have any questions, please don't hesitate to call/email.

Kind regards

Catherine

Catherine Dobbie
ESO- Health and Equalities
0782 451 8678

“Natural High” Tour by David Graham - Alcohol/drugs education programme 2009

Date	Venue	Contact	Audience	Nos	Time of show
Mon, 25th May	Campbeltown Grammar School Hutcheon Road Campbeltown Argyll PA28 6JS	Cathy Cameron Depute Headteacher Tel: 01586 552907 Fax: 01586 554691	S1 and S2	188	9:10am -10:40
Tue, 26th May	Tarbert Academy School Road Tarbert Argyll PA29 6TE	May Taylor Depute Headteacher Tel: 01880 820269 Fax: 01880 820957	P7 – S3	86	9:10am -10:40
	Lochgilphead High School Lochgilphead Joint Campus Kilmory Lochgilphead Argyll PA 31 8AA	Craig Lemmon PT Pupil Support Tel: 01546 602747 Fax: 01546 606265	S1 and S2	184	2:05pm- 3:35
Wed, 27th May	Oban High School (2 shows) Soroba Road Oban Argyll PA34 4JB	Alex Craik PT Pupil Support (S1) Tel: 01631 564231 Fax: 01631 565916	S1 S2	195 228	9:30am -10:50 11:30am – 12:50
Thu, 28th May	Dunoon Grammar School Ardenstate Rd Dunoon Argyll PA23 8LU	Kirstie Davidson Depute Headteacher Tel: 01369 705010 Fax: 01369 702168	S1 S2	153 157	9:30am - 10:55 11:20am – 12:40
Fri, 29th May	Hermitage Academy Cardross Rd Helensburgh G84 7LA	Bob Cassells Depute Headteacher Tel: 01436 67214 Fax: 01436 671338	S1	222	9:30am - 10:45