

## FOI Request 202400412787

### Information Requested

The following extracts relating to Rookie Rockstars have been taken from a range of pre and post inspection documentation gathered during the school inspection and reporting process. All other information in the document is out of scope of the FOI request.

| Source Document   | Date           | Extract  |  |
|---|----------------|--|--|
| Inspection arrangements - West Lothian Council - Primary schools - Broxburn Primary School        | 2016           | Significant planned events during inspection e.g. any class on residential trip during the week of the inspection  | Rookie Rockstars (31 <sup>st</sup> May & 1 <sup>st</sup> June) evening performances. |
| Record of Inspection findings – Glasgow City Council – Primary Schools – St Mary’s Primary School | September 2016 | <p><b>QI 1.1 IMPROVEMENTS IN PERFORMANCE:</b><br/>Standards of attainment over time; children’s progress; overall quality of learners’ achievement; impact of the improvement plan.</p> <p><b>OVERALL QUALITY OF ACHIEVEMENT</b><br/>Overall achievement. Progress in developing skills and attributes across the four capacities. Leadership/Citizenship/Sustainability/Sport/Culture/skills for learning, life and work etc</p> <p>Strengths:</p> <p>The Rookie Rockstars concert is promoting confidence, inter-personal skills and resilience.</p> |  |

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| Standards and Quality Report – Glasgow City Council – Whiteinch Primary School   | 2017  | <p>Our achievements this year:</p> <p>We had a very successful “Rookie Rockstars” performance to launch the new space.</p>  |  |  |  |  |  |  |   |  |
| Inspection return – Falkirk Council – Bothkennar Primary School  | May 2017  | <p><b>Self-evaluation summary for primary schools and primary schools with a nursery class:</b></p> <p><b>QI 1.3 Leadership of change</b></p> <table border="1" data-bbox="801 539 2007 850"> <tr> <td data-bbox="801 539 1339 655"> <p><b>How well are you doing?<br/>What’s working well for your learners?</b></p> </td> <td data-bbox="1339 539 2007 655"> <p><b>How do you know?<br/>What evidence do you have of positive impact on learners?</b></p> </td> </tr> <tr> <td data-bbox="801 655 1339 850"> <p>[out of scope]</p> </td> <td data-bbox="1339 655 2007 850"> <p>Learners have also benefited from initiatives such as ‘Rookie Rockstars’ which isn’t available to small schools. Learners were able to develop self-esteem, and confidence to perform to a large audience.</p> </td> </tr> </table>  |  |  | <p><b>How well are you doing?<br/>What’s working well for your learners?</b></p>   | <p><b>How do you know?<br/>What evidence do you have of positive impact on learners?</b></p> | <p>[out of scope]</p>  | <p>Learners have also benefited from initiatives such as ‘Rookie Rockstars’ which isn’t available to small schools. Learners were able to develop self-esteem, and confidence to perform to a large audience.</p>    |   |  |
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| <p>[out of scope]</p>  | <p>Learners have also benefited from initiatives such as ‘Rookie Rockstars’ which isn’t available to small schools. Learners were able to develop self-esteem, and confidence to perform to a large audience.</p> |   |  |  |  |  |  |  |   |  |
| Self-evaluation summary – North Lanarkshire – Our Lady & St Francis Primary School   | 2018  | <table border="1" data-bbox="801 850 2007 1375"> <tr> <td data-bbox="801 850 1200 1114"> <p><b>Quality Indicators from How good is our school? (4<sup>th</sup> edition) and where appropriate How good is our Early Learning and Childcare?</b></p> </td> <td data-bbox="1200 850 1599 1114"> <p><b>How well are you doing?<br/>What’s working well for your learners?</b></p> </td> <td data-bbox="1599 850 2007 1114"> <p><b>How do you know?<br/>What evidence do you have of positive impact on learners?</b></p> </td> </tr> <tr> <td data-bbox="801 1114 1200 1375"> <p>3.1 Ensuring wellbeing, equality and inclusion</p> <ul style="list-style-type: none"> <li>• <i>Wellbeing</i></li> <li>• <i>Fulfilment of statutory duties</i></li> <li>• <i>Inclusion and equality</i></li> </ul> </td> <td data-bbox="1200 1114 1599 1375"> <p>Rookie Rockstars whole school event.</p> </td> <td data-bbox="1599 1114 2007 1375"> <p>Evidence of curricular activities, e.g. Rookie Rockstars.</p> </td> </tr> </table> |  |  | <p><b>Quality Indicators from How good is our school? (4<sup>th</sup> edition) and where appropriate How good is our Early Learning and Childcare?</b></p> | <p><b>How well are you doing?<br/>What’s working well for your learners?</b></p>             | <p><b>How do you know?<br/>What evidence do you have of positive impact on learners?</b></p> | <p>3.1 Ensuring wellbeing, equality and inclusion</p> <ul style="list-style-type: none"> <li>• <i>Wellbeing</i></li> <li>• <i>Fulfilment of statutory duties</i></li> <li>• <i>Inclusion and equality</i></li> </ul> | <p>Rookie Rockstars whole school event.</p> | <p>Evidence of curricular activities, e.g. Rookie Rockstars.</p> |
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| Improvement Plan – South Lanarkshire Council – Mount Cameron Primary School             | April 2018 | <p>Support and improve the mental, social and emotional wellbeing of learners focusing on the Wellbeing Indicators, by further developing approaches and interventions.</p> <p>An extremely successfully anti-bullying ‘Rookie Rockstars’ whole school showcase presented, in partnership with Parent Council members.</p> |   |
| Standards and Quality Report – West Lothian Council – Uphall Primary School             | 2019       | <p><b>Health and Wellbeing</b>— Pupils took part in the, ‘Rookie Rockstar’ programme which introduced our children to our work on emotional wellbeing.</p>   |   |
| Standards and Quality Report – South Lanarkshire Council – Mount Cameron Primary School | 2019       | <p>An extremely successfully anti-bullying ‘Rookie Rockstars’ whole school showcase presented, in partnership with Parent Council members.</p>   |   |
| Self-evaluation summary form – Scottish Borders – Duns Primary School and Nursery Class | 2019       | <p><b>Self-evaluation summary for primary schools and primary schools with a nursery class:</b></p> <ul style="list-style-type: none"> <li>• <b>QI 3.1 Ensuring wellbeing, equality and inclusion</b></li> <li>• Wellbeing</li> <li>• Fulfilment of statutory duties</li> <li>• Inclusion and equality</li> </ul>          |   |
|   |            | <p><b>How well are you doing?<br/>What’s working well for your learners?</b></p>   | <p><b>How do you know?<br/>What evidence do you have of positive impact on learners?</b></p>                                    |
|   |            | <p>[out of scope’</p>  | <p>[out of scope] subsidise costs for school events e.g. Rookie Rockstars concert and a Christmas present for all children.</p> |

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| Inclusion and Promoting Positive Behaviour - Summary of senior leaders responses | 2023           | <p>Professional Learning</p> <p>Senior leaders noted a range of professional learning conducted across settings to support consistent approaches to anti-bullying.</p> <table border="1" data-bbox="801 379 1890 456"> <tr> <td data-bbox="801 379 1348 456">Rookie Rockstars to promote kindness, respect, anti-bullying</td> <td data-bbox="1348 379 1890 456"></td> </tr> </table> | Rookie Rockstars to promote kindness, respect, anti-bullying |  |
| Rookie Rockstars to promote kindness, respect, anti-bullying                     |                |   |  |  |
| Pre-inspection documents – West Lothian Council – Williamston Primary School     | September 2023 | <p>Our Wider Achievements this year have been;</p> <p>A range of successful school events to share learning. Examples include – Rookie Rockstars for whole school.</p>  |  |  |

The following extracts relating to Rookie Rockstars has been taken from an internal database of projects funded through the Adult Community Mental Health Fund. All other information in the document is out of scope of the FOI request.

| Source Document                                       |                  |                  |                 |  | Date              |               |                 |                         |
|---|------------------|------------------|-----------------|--|-------------------|---------------|-----------------|-------------------------|
| Communities Fund – Communities Funded Projects Year 2 |                  |                  |                 |  | November 2023     |               |                 |                         |
| Extract   |                  |                  |                 |  |                   |               |                 |                         |
| TSI Region  | Org name         | Project name     | Type of project | Project Aims   | Funding Requested | Match Funding | Funding Awarded | Capital Funding awarded |
| East Dunbartonshire                                   | Rookie Rockstars | Rookie Rockstars | Counselling     | This funding would allow us to employ a fully qualified counsellor (for 1.5 days a week) to provide mental health counselling to the 16 years plus age group. During the course of | £10,000           | 0             | £10,000         | 0                       |

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|  |  |  |  | the past 12 months we have seen a substantial rise in the number of over 16's using our service - this is currently 20% of our client base but we are keen to be in a position to offer additional group family counselling but due to lack of funds are unable to do so. |  |  |  |  |
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| <b>Source Document</b>                                | <b>Date</b> |
| Communities Fund – Communities Funded Projects Year 3 | 2023        |

**Extract**

| TSI Region          | Org name         | Project name                   | Type of project | No of volunteers | Project Aims  | Funding Requested | Match Funding | Funding Awarded | Capital Funding awarded |
|---------------------|------------------|--------------------------------|-----------------|------------------|---|-------------------|---------------|-----------------|-------------------------|
| East Dunbartonshire | Rookie Rockstars | Free Adult Counselling For 16+ | Counselling     | 0                | Our main aim is to promote positive mental health and wellbeing for the Adult population within East Dunbartonshire Council. We will support and promote good mental health and wellbeing for all aged 16 years and over ( and their families) in the local area. Our goal is to be in a position to address the needs of any adult living within East Dunbartonshire suffering | £20,000           | 0             | £20,000         | 0                       |

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|  |  |  |  |  | <p>from mental health. There are still a high number of issues stemming from the pandemic and people are also facing every day challenges such as financial and emotional problems.</p> <p>We would like to be in a position to offer increased availability of timely and effective support and that we meet the needs of individuals when dealing with the challenges faced when dealing with this illness.</p> |  |  |  |  |
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The following extracts relate to “Rookie Minds”, which is part of “Rookie Rockstars”.

| Source Document   | Date         | Extract   |
|---|--------------|---|
| Plan for Mental Health and Wellbeing Funds in Response to Covid-19 Pandemic, Stirling Council | October 2020 | <p><b>Activity</b></p> <p><i>Support to the other 28 primary schools</i></p> <p><i>Rookie Minds have been commissioned to provide the equivalent of two school counsellors to support primary aged pupils from February 2020 – March 2021. Vulnerable learners who have been identified as appropriate for counselling input will be prioritised. A phased approach to implementing this support is as follows:</i></p> |

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|  |  | <p><i>Phase 1 (February – June 2020):</i></p> <ul style="list-style-type: none"><li>• <i>Counselling support for P7 pupils as part of enhanced transition (collaborative work with secondary school counsellors)</i></li><li>• <i>Consultation and advice for staff</i></li><li>• <i>Consultation and advice for parent/carers</i></li></ul> <p><i>Phase 2 (August 2020 – March 2021):</i></p> <ul style="list-style-type: none"><li>• <i>As above, and</i></li><li>• <i>Therapeutic work for younger pupils</i></li></ul> <p><b><i>Pandemic Fund</i></b></p> <p><i>£78,000</i></p> <p><b><i>Alignment with Service Framework</i></b></p> <p><i>All these solutions support children experiencing distress and will help to promote positive mental health and wellbeing and building on a whole systems approach. It will also support their families and the professionals around them. They support the following key components:</i></p> <ul style="list-style-type: none"><li>▪ <i>Easily accessible</i></li><li>▪ <i>Accessible to all</i></li><li>▪ <i>Strengths based</i></li><li>▪ <i>Relationship based</i></li><li>▪ <i>Prevention focused</i></li><li>▪ <i>Empowered</i></li><li>▪ <i>Get the right help at the right time</i></li><li>▪ <i>Family and Carer support</i></li></ul> |
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|   |  | <ul style="list-style-type: none"> <li>Workforce</li> </ul>   |                            |  |       |   |                  |   |               |  |
| Report on School Counselling and Children and Young People's Community Mental Health and Wellbeing Supports and Services, January to June 2021, East Dunbartonshire Council | July 2021  | <p><b>School Counselling: report 3</b></p> <table border="1"> <tr> <td colspan="2">Number of Onward Referrals</td> </tr> <tr> <td>CAMHS</td> <td>4</td> </tr> <tr> <td>Child Protection</td> <td>2</td> </tr> <tr> <td>Other Service</td> <td>1- Rookie Minds<br/>3 -Social Work /1- NHS Acute Mental Health Service.</td> </tr> </table>   | Number of Onward Referrals |  | CAMHS | 4 | Child Protection | 2 | Other Service | 1- Rookie Minds<br>3 -Social Work /1- NHS Acute Mental Health Service. |
| Number of Onward Referrals  |  |   |                            |  |       |   |                  |   |               |  |
| CAMHS   | 4  |   |                            |  |       |   |                  |   |               |  |
| Child Protection  | 2  |   |                            |  |       |   |                  |   |               |  |
| Other Service   | 1- Rookie Minds<br>3 -Social Work /1- NHS Acute Mental Health Service. |   |                            |  |       |   |                  |   |               |  |
| Children and Young People's Mental Health, Pandemic Response Fund Report, Stirling Council  | May 2022   | <p><b>Activity</b></p> <p><i>Support to the other 28 primary schools</i></p> <p><i>Rookie Minds have been commissioned to provide the equivalent of two school counsellors to support primary aged pupils from February 2021 – June 2022. Vulnerable learners who have been identified as appropriate for counselling input have been prioritised. A phased approach to implementing this support is as follows:</i></p> <p><i>Phase 1 (March – June 2020):</i></p> <ul style="list-style-type: none"> <li><i>Counselling support for P7 pupils as part of enhanced transition (collaborative work with secondary school counsellors)</i></li> <li><i>Consultation and advice for staff</i></li> <li><i>Consultation and advice for parent/carers</i></li> </ul> <p><i>Phase 2 (August 2020 –March 2021):</i></p> |                            |  |       |   |                  |   |               |  |



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|  |  | <ul style="list-style-type: none"> <li>• <i>As above, and</i></li> <li>• <i>Therapeutic work for younger pupils</i></li> </ul> <p><i>This activity is jointly funded with the school counselling grant. This update provides information for the time period of February 21 – March 22, with a further three months still to take place. This fund has funded approximately eight months of the 13 1/2 months of reported work.</i></p> <p><b>Overview of any outcomes recorded</b></p> <p><i>Support for pupils attending these 28 primary schools launched in February 2021. The focus during the initial period was for school counsellors to establish school counselling within a cluster of schools, and to provide support for children in P7 who were in need of additional support with their transition to secondary school. Support was extended to younger children (aged 10 years and older) soon after.</i></p> <p><i>During the February 2021 - March 2022 period, the following support was provided within the 28 schools:</i></p> <ul style="list-style-type: none"> <li>• <i>One-to-one counselling support for 56 children. 57% of those accessing support are girls and 43% are boys. 57% of those accessing support are in P6, 41% are in P7, and 2% are in P5. Referrals are typically initiated by school staff (77%), and the remaining 23% of referrals were initiated by parents/carers. The most common presenting issue was found to be anxiety/stress (64% of children accessing support presented as such), followed by emotional &amp; behavioural difficulties (52%) and difficulties with peer relationships (41%).</i></li> </ul> |
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|  |  | <ul style="list-style-type: none"><li>• <i>A pilot of group-based transition workshops in four schools. 71% of participants said the group helped them a little and 21% said it helped a lot to understand their feelings and fears.</i></li><li>• <i>Prior to counselling, children used the YP-CORE to demonstrate a low level of psychological distress (9.8), on average. 12 children have now completed a block of counselling sessions and were willing to complete the YP-CORE post intervention. The average YP-CORE at this stage was found to be 5.8 (closer to the 'risk' cut off for psychological distress), and 67% of children demonstrated improvement using this measure. Children who did not demonstrate an improved outcome using the YP-CORE all demonstrated improvement/satisfaction with support in at least one other measure.</i></li><li>• <i>Prior to counselling, parents/carers used the Strengths and Difficulties Questionnaire to demonstrate that children experienced high levels of difficulties (18.4). Following counselling, parents/carers found that these difficulties reduced to 'slightly raised' (14.1). 83% of parents/carers noted improvement using the Strengths and Difficulties Questionnaire.</i></li></ul> <p><i>We are aware that additional capacity for school counselling is still needed within Stirling (ie. more than can be funded by the school counselling grant). Therefore, funding has been secured for the 2022/23 academic session to commission Rookie Minds to provide three school counsellors to support all primary school aged pupils. During the session we will review this provision and if possible secure funding for this to continue.</i></p> |
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| <p>Report on Carry-Over of 2021/22 Grant for Children and Young People's Community Mental Health and Wellbeing Supports and Services, Stirling Council</p> | <p>December 2022</p> | <p><b><i>Progress made in previous quarter</i></b></p> <p><i>An additional school counsellor from one of our procured services, Rookie Minds, is now in post to enhance our school counselling team to provide therapeutic support to primary aged children. We now have a small team of counsellors who link with groups of primary schools to provide counselling support to primary aged children who are 10 years and above and who can also provide therapeutic support to primary aged children who are younger than 10 years of age. This is the area that we are focusing on to use our underspend from this financial year i.e. to continue to deliver a specific counselling/therapeutic service to our primary schools and for our primary aged children. Without the community mental health and wellbeing fund we would not be able to deliver this specific service as the school counselling funds have only provided enough funds to provide counselling time in secondary schools.</i></p> <p><b><i>Actions proposed for next quarter</i></b></p> <p><i>Continuation of Rookie Minds contract to support primary school counselling/therapeutic support.</i></p> |
| <p>Plan for Children and Young People's Community Mental Health and Wellbeing Supports and Services in 2023-24, Stirling Council</p>                       | <p>February 2023</p> | <p><b><i>Name and brief description of service</i></b></p> <p><i>Therapeutic support for 5-9 year olds</i></p> <p><i>Following the introduction of school counselling for children aged 10 years and over, it was identified that there was a need for therapeutic support as an early intervention for younger primary-aged children. Primary school counselling is currently provided in partnership with Rookie Minds, and this fund was recently used to</i></p>  |

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|  |  | <p><i>increase this contract by one full-time counsellor. This enables our team of primary school counsellors to accept referrals for therapeutic support for children aged 5-9 years old.</i></p> <p><i>During the reporting period, 28 children aged 4-9 years old accessed therapeutic support from a school counsellor, 22 of whom are considered to be at higher risk of mental health issues. Progress is evaluated using the Strengths and Difficulties Questionnaire. Prior to engaging with support, 77% of children were noted to have above average levels of behavioural and emotional difficulties, with 36% reportedly experiencing 'very high' levels of behavioural and emotional difficulty. As interventions are currently ongoing, outcome data is not yet available and will be reported on at a later date.</i></p> <p><b>Age range</b></p> <p><i>5-9 years</i></p> <p><b>Expected start date</b></p> <p><i>Ongoing</i></p> <p><b>How is the service accessed?</b></p> <p><i>Referral pathway through the school</i></p> <p><b>Onward referral routes</b></p> <p><i>Through local processes and pathways such as CAMHS</i></p> <p><b>How does the service measure outcomes?</b></p> |
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|   |                  | <ul style="list-style-type: none"> <li>• <i>Teacher Strengths and Difficulties Questionnaire pre and post</i></li> <li>• <i>Parent/Carer Strengths and Difficulties Questionnaire pre and post</i></li> <li>• <i>Goal Based Outcomes pre and post</i></li> </ul>   |
| <p>Report on School Counselling and Children and Young People's Community Mental Health and Wellbeing Supports and Services, January to June 2023, Stirling Council</p> | <p>July 2023</p> | <p><b><i>Details of Supports and Services included within this report</i></b></p> <p><i>Therapeutic support for 4-9 year olds</i></p> <p><i>Following the introduction of school counselling for children aged 10 years and over, it was noted that there was scope to trial providing therapeutic support as an early intervention for younger primary-aged children. Primary school counselling is currently provided in partnership with an organisation called Rookie Minds.</i></p> <p><i>During the reporting period, 39 children aged 4-9 years old accessed therapeutic support from a school counsellor, 15 of whom were considered to be at higher risk of mental health issues. Progress is evaluated using the Strengths and Difficulties Questionnaire (SDQ). Prior to engaging with support, 67% of children were noted to have above average levels of behavioural and emotional difficulties, with 44% reportedly experiencing 'very high' levels of behavioural and emotional difficulty.</i></p> <p><i>Of the 16 children/young people who completed a period of therapeutic support during this reporting window, Strengths and Difficulties Questionnaires were completed pre- and post-intervention for 13 children (81%). 10 children (77%) demonstrated improvement through the SDQ following access to</i></p> |

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|  |  | <i>therapeutic support, and 12 (92%) demonstrated improvement in either the SDQ or through Goal Based Outcomes.</i> |
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