

Further information

Depute Head Teacher:	Mrs Jan Sinclair
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Guidance Department:	
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Principal Teacher (Eagles):	Mrs Freda Chalmers
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Principal Teacher (Falcons):	Mr Adam MacLeod
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Principal Teacher (Ospreys):	Miss Jemma Playfair
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ASN / SfL Departments:	
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Support for Learning (SfL):	Miss Amanda Miller
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Kestrel House:	Vacancy
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Home School Link Worker:	Mr Duncan McCook
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School Nurse:	Mrs Joanna Baillie (NHS)
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School Doctor:	Mrs Helen Green (NHS)
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All the above can be contacted through the school office (01343 545181).

Elgin High School has a Health Promoting School Policy. Copies are available from the school website (www.elginhigh.moray.sch.uk). The site also contains links to a number of useful health related websites.

Other information and confidential advice on a wide range of health and lifestyle issues can be obtained from:

NHS Grampian Health Point, Dr Gray's Hospital, West Road, Elgin,
Tel: 01343 543131.



HEALTH EDUCATION INFORMATION (for Parents)

“Learning and health go hand in hand. Good health of children and young people is a prerequisite for educational achievement”

*Education and Health in Partnership:
European Conference, 2002*

As a Health Promoting School, Elgin High School seeks to encourage pupils to look after their health, pursue healthy and active lifestyles and make informed decisions about their way of life. The support of parents is very important if this aim is to be realised.

Any questions or comments are welcome in order to strengthen the partnership between home and school. The aim of this leaflet is to tell parents about the different ways in which this is achieved.

Health in the Curriculum

Health issues will arise in many areas of the curriculum. For example:

- Drama - *assertiveness and making choices*
- Home Economics - *diet, healthy living, etc.*
- Physical Education - *fitness, lifestyle, diet, etc.*
- Religious & Moral Education - *moral teaching in various traditions*
- Science - *living bodies, environment, etc.*
- Technical - *health and safety with equipment*

In addition to this, the Guidance teachers provide a comprehensive programme of health education in the Personal Social Education classes. Every pupil has one period a week of PSE throughout their school life. The topics covered in PSE will include:

- Alcohol, drugs and smoking - *risks, lifestyle choices, law, etc.*
- Mental Health - *symptoms, support, balanced lifestyle, etc.*
- Sex Education - *puberty, reproduction, relationships, contraception, sexually transmitted diseases*

Pupils will be taught about these issues in a manner appropriate to their year group and their stage of development. A variety of teaching methods will be used including videos, discussion groups, outside speakers (from health services, police and other agencies), games and talks. Pupils will be encouraged to learn about the various issues as well as developing positive attitudes towards themselves and others.

Any parent wanting to know more about the contents of these lessons is welcome to contact their child's Guidance Teacher.

School Nurse

A School Nurse is allocated to Elgin High School. They will carry out the required inoculations and also conducts lifestyle interviews with all S3 pupils.

They are involved in many parts of the life of the school. Contact can also be made with other health services.

Activities

A wide range of activities is offered by the school to encourage pupils to broaden their interests and live a balanced and active lifestyle.

These include sports clubs as well as supervised social activities. Full details are in the daily bulletin.

HEALTH IN THE LIFE OF THE SCHOOL

Parents

Information will be sent to parents. This may include health promotions leaflets to inform parents about issues such as drugs and alcohol.

There will also be occasional health information evenings. The regular newsletter will also update parents on health issues.

Diet

The school canteen prepares all of the meals within both local and national guidelines.

There are good value "healthy" options and even the home bakes are made with low fat ingredients.

Vending machines also contain a wide variety of healthier snacks.