

SAINT NINIAN'S HIGH SCHOOL



**'Improve Health, Improve
Attainment'**

Wednesday 4 November 2015

6 pm - 7 pm

Health and Wellbeing in St Ninian's High School

Health and Wellbeing is at the heart of everything we do in St Ninian's High School. It is promoted in all subjects of the curriculum where all pupils are able to be Safe, Healthy, Active, Nurtured, Achieving, Responsible, Respected and Included.

For example in Physical Education, pupils develop the knowledge of how to lead a healthy lifestyle for now and later in life. In English, pupils are encouraged to discuss a range of social and emotional issues and pupils learn to solve problems and approach challenges with confidence in Mathematics. Subject specific posters in every classroom reinforce this.

Through Personal, Social and Health Education that all pupils receive we raise awareness about a variety of topical issues that affect young people including smoking, alcohol, nutrition, exercise and mental health. These issues are reinforced at assemblies and in our Focus for the Week.

We offer a huge range of extra-curricular activities. There are over 70 different clubs in sport, music, creativity and faith and more. Educational trips offer experiences and memories for a lifetime and pupils from this school get the opportunity to travel all over the world to experiences different cultures. We know that pupils are healthier and happier because of these activities and trips and are more successful as a result.

Events such as tonight and the Health and Wellbeing Evening in March focus on the importance of health however we run numerous other events for pupils, parents and staff that give them the opportunity to socialise, make friends and feel good about themselves.

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However having these opportunities can present different problems. It is widely accepted that striking the right work-life balance is a difficult thing to get right; this is no different when you are at school, college or university. It can be hard enough to find time for lunch, let alone get to the gym, attend Mass or see friends and family.

We are products of our environment as well as our behaviour, and if we abuse our bodies with poor nutrition, lack of good sleep and limited exercise we will sooner or later pay the consequences.

This lecture examines why you must make time for your body and mind so that you do achieve your true potential.

Our Keynote speaker, Dr Catherine Calderwood will discuss why she embarked on a career in medicine and her own experience of juggling a highly successful professional career while maintaining her physical, emotional and mental wellbeing.

Professor Chris Oliver will also explore the need to maintain a balance between school work, rest and play. He demonstrates this by talking of his own life experience in which he achieved great success at the expense of his health.

After each speaker has finished they will answer questions from the audience.



DR CATHERINE CALDERWOOD, MA Cantab. MBChB MRCOG FRCP Edin

CHIEF MEDICAL OFFICER FOR SCOTLAND

Dr Calderwood is the Chief Medical Officer for Scotland, appointed in March 2015.

She is an obstetrician and gynaecologist and continues to have a maternal medicine antenatal clinic at the Royal infirmary of Edinburgh.

Catherine qualified from Cambridge and Glasgow universities. As a junior doctor she worked in medical specialities in Glasgow Royal infirmary and at the Royal Infirmary of Edinburgh before completing her specialist training in obstetrics and gynaecology and maternal medicine in SE Scotland and St Thomas' Hospital London.

She became a medical adviser to Scottish Government in 2010 and has been instrumental in the work in reducing stillbirths and neonatal deaths in Scotland and in reducing avoidable harm in maternity services. More recently her role expanded and work includes major trauma services and the introduction of robotic surgery for prostate cancer to Scotland. Until her recent appointment as Chief Medical Officer Catherine was also the National Clinical Director for maternity and women's health for NHS England.

Her research interests include thromboembolic disease in pregnancy and she is an investigator on the AFFIRM study which will study the effect of the introduction of a standardized education and management plan for the care of women presenting with decreased foetal movements in hospitals throughout the UK and Ireland.

Catherine is chair of the UK maternal, new-born and infant Clinical Outcome Review Programme – the new process for confidential enquiries into maternal, new-born and infant deaths and severe morbidity run by MBRRACE-UK. She chairs the Scottish Government stillbirth working group and is a member of the RCOG stillbirth Clinical Studies Group. She was the obstetrician on the panel of the Morecambe Bay Inquiry into maternity and neonatal services and is a member of the recently formed Review of maternity and neonatal services in England.

You can follow Dr Calderwood on Twitter @CathCalderwood1



PROFESSOR CHRIS OLIVER, DM, FRCS (Ed, Eng, Tr & Orth), FFSTEd

Chris Oliver has been made an Honorary Professor in the College of Humanities & Social Science at the University of Edinburgh.

Professor Oliver, a surgeon at the Royal Infirmary Edinburgh, is associated with the Physical Activity for Health Research Centre within Moray House School of Education.

He has led the development of innovative physical activity projects at community, national and international levels, and has contributed to curriculum development in the teaching of physical activity for health.

He has been an advocate of physical activity since he lost 12 stone after weight-loss surgery in 2007. In 2013 he cycled 3,500 miles across the USA.

Professor Oliver has been a specialist consultant trauma orthopedic upper limb surgeon at the Royal Infirmary Edinburgh since 1997. He trained in orthopedic and trauma surgery in London, Yorkshire, Shropshire, Seattle and Oxford.

He was a member of council of the Royal College of Surgeons of Edinburgh 2002-12, where he was also Director of Informatics and more recently Convener of Examinations.

He led the modernisation of surgical examinations, especially at Intercollegiate Membership of Royal College Surgeons level, both in the UK and worldwide. He has quality assured surgical exams worldwide.

You can follow Professor Oliver on Twitter @CyclingSurgeon