



ST NINIAN'S HIGH SCHOOL



Health and Wellbeing Evening

**Promoting Healthy Bodies and Minds
Achieving Personal Goals and Raising Attainment**



Physical Health

S1 Spinathon!
A variety of Health Specialists
providing excellent
information (Doctors, nurses,
dentists, physiotherapists)
Meningitis awareness
Stroke awareness
Representatives from local
Gyms and Fitness Classes
offering advice and special
discounts!
Health Checks

Presentations

'How to talk to your teenager'
HWB Development Officer
'Internet Safety for parents and young
people'
Campus Police Officer
'Resilience/Coping with Challenges'
Educational Psychologist

Mental Health

Support Agencies
Breathing Space
Dementia
Anti Bullying
Rainbows
Massage
Relaxation techniques



Spiritual Health

I have come to bring life and life to
the full" John 10:10
A time for reflection and prayer,
helping us to draw strength and
joy from God, the ultimate source
of our wellbeing
Eucharistic Adoration
Sisters of the Poor
Life Group
Helping Hands
Faith in St Ninian's



Social Health

Representatives and
information for clubs in our
school and the local area
Volunteering in the
community
Coaching opportunities
Duke of Edinburgh
Young Explorers



Nutrition

Nutritional advice including diabetes
and coeliac specialists
Healthy food samples
Healthy recipes
Vegetarian/Gluten free recipes

7pm—9pm

Tuesday 24th March 2015

All Pupils, Parents, Staff and Friends Welcome

