**WHAT ELSE HAS BEEN HAPPENING?**

Our NASA pupils Karis Kean and Amy Paul led a very successful Active Girls Day in October and got everyone’s attention on being as active as possible when they organised our whole school DrEAM event. They got the whole school to drop everything and move. Everyone assembled in the playground and joined in with the Baby Shark dance. What a great way to get everyone moving!

STAFF HWB

Mr Sheriffs and Ms Duffus are doing a great job in creating as many Wellbeing activities for staff to get involved in as possible. So far these include: Coffee and Chat, staff games, staff shout outs, Staff “muggings” and gym sessions.

**HEALTH AND WELLBEINGNEWSLETTER TERM 1**

The Health and Wellbeing (HWB) of everyone in our school community continues to be one of our top priorities. Since returning in August many areas of the school are contributing to improving Health and Wellbeing.

Within PSE in all year groups the wellbeing indicators are regularly reviewed and discussed. It is the responsibility of all staff to look after the HWB of our pupils. To help staff to do this a number of CPD opportunities have been put in place to ensure that they are confident in doing this. Mental Health and Mindfulness has been a particular focus this year for both staff and pupils. All SLT and Pastoral staff will be receiving Mental Health First Aid training in the coming months. After this it will also roll out to many other staff members.



Pupil physical wellbeing has been addressed through regular timetabled fitness sessions which accompany

 S1- S6 PE programmes.

 In addition to this Leanne McPhail our Active Schools Co-ordinator has put together a varied Lunchtime and Extra –curricular club programme which is open to all pupils . The activities within this programme are led by not just PE staff but senior pupils and other staff members including Mr Carpy, Mrs Bell, Mrs McLintock and Mrs McMillan.

NEXT HEALTH AND WELLBEING UPDATE WILL BE EASTER. IF YOU HAVE ANYTHING YOU WOULD LIKE TO INCLUDE PLEASE LET ME KNOW.

Ms Macdonald Faculty Head of Health and Wellbeing

Fiona McGowan

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