News from the Unit

A man has had the pleasure of being out and about — introducing the survey method to teachers in the Swindon area and the Isle of Wight. As usual, the folk have been a pleasure to work with and all is set for successful surveys. Maintaining the follow-up services to the survey occurs in between everything else — but the School Report, Community Profile, and data returned on disc continue to be popular resources.

David has been delivered a bouncy baby disc. The old 1.1 Gigabyte disc attached to our departmental Silicon Graphics mainframe has been up, so an upgrade to a 2.9 Gb disc has been made. The software has been updated and checked the 12,732,076 characters so far entered for the Version 16 questionnaire in 1.239 seconds, and pronounced all present and correct!

Di and Beryl have been examining a Sex Education programme devised by a Health Visitor in Northern Ireland. The programme consists of video, questionnaires and workbooks suitable for the Primary School.

James recently completed the typesetting for a major report on young people in West Sussex called Health Matters. Soon to follow will be a monograph on young people and toothbrushing. We also have to carry articles on both of these soon.

Many primary and secondary schools will soon receive the first issues of our free newsletter SHUN, which will be distributed nationwide, to lots of people who do not take Education and Health in greater detail what the Schools Health Education Unit is all about!
Four phases to the Health Initiative

How health education can make a significant contribution to the caring concept of the school

The support of experts from the broader community was a very encouraging feature of Health Week

scotland's leading Slimming Organisation

The principal monthly events during Health Year

Bug Busters' Day (31 October), which was reflected in PSE with materials issued to and discussed with all pupils by Guidance staff.

World AIDS Day (1 December), on which the judging and pit-zigging for an AIDS poster competition were held. Many pupils had taken part in this.

Healthy Eating film, shown by Home Economics staff at lunchtimes on three days in January, for interested pupils.

More than just the disease, a short story by Bernard McLaverty, studied by 14-15-year-old pupils in English, also during January. 

Teeth and oral hygiene were studied by the 13-14 age group in Science, during February.

National No-Smoking Day (16 March), on which earlier work with all year groups in PSE was followed up by an exhibition organised in collaboration with the school nurse, with carbon monoxide monitoring and lung capacity measurements.

The Cost of Living, a production on AIDS at the Edinburgh International Children's Festival, to which the whole of the 14-15 age group were taken on 26 May.

The School Library Health Quiz, an inter-house event, had its heats during March, April and May, and the final on 4 June. Prizes for all participants were donated by local businesses, and for winners by the District Council.

Special Unit pupils, supervised by Special Unit staff, organised a talk by an expert on epilepsy, which was given in rotation on 1 June to all the 13-14 age group.

Each month, dining hall staff arranged a Healthy Eating Day, when chips were not offered, and pupils were maximised for eating wholemeal bread, fresh fruit and vegetables, and other healthy options.

Step Aerobics, led by a professional coach, provided the PE Department's main fund-raising sponsored event of the year, carried out by the 12-13-year-old pupils on 8 and 9 June.

...but our pupils are now better informed, more in control, and have more positive attitudes.

John Howison is Assistant Rector of Whitham Academy, and took over as Co-ordinator for Health Education shortly after the launch of the Health Year. Further information about the activities described in this article may be obtained by contacting Whitham Academy, Shanks Road, Whitham, West Lothian EH47 0EL (0501 740675).

...and will be held on the first Thursday of each month.

We feel confident that our Health Year has made a significant positive contribution to the lives of our pupils. As we know, thanks to the Health Related Behaviour Questionnaire, they are now better informed, they feel more in control, and they have more positive attitudes on health topics. For our part, we know also what work remains to be done, and we continue with our push towards better health in the community we serve.