

A whole school approach to improving physical and mental health

The Eco-Committee at Clarkston Primary School in North Lanarkshire chose Health and Wellbeing as one of their Eco-Schools topics. One of their actions was to hold an assembly to educate the whole school about the benefits of drinking water and how staying hydrated affects health, concentration, and energy levels. Water Wardens were appointed in every class who reminded everyone to drink a healthy amount of water each day and charts on the wall monitored how much water each child drank.

The committee also organized a whole school health week which included a number of sessions and hands-on activities to raise awareness of the importance of health and wellbeing. They found out that many pupils didn't know about the importance of sleep so they included a series of sleep education sessions discussing the recommended hours of sleep required for optimum health. They also organized CPR training for the older children and plan to continue this annually, extending participation to staff and parents.

The Eco-Schools Health & Wellbeing Topic can cover both physical and mental health and environmental quality problems like litter, dog fouling, graffiti and flytipping. These issues affect the quality of life of people living in Scotland, with higher levels of depression and illness amongst people who live in areas with poor local environmental quality.

