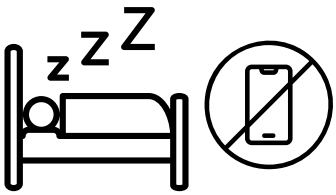
Feeling Fit

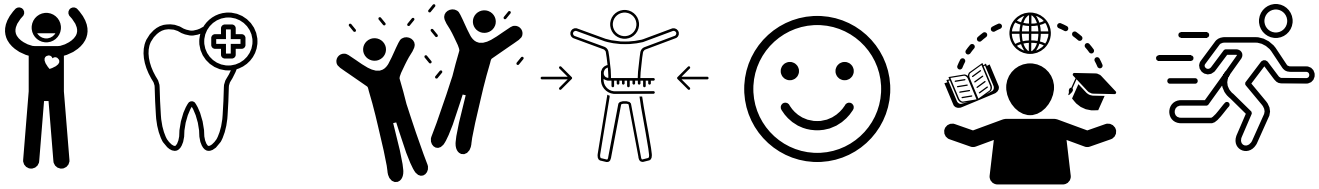
AW the Gether

Teens need a balanced diet -at least five portions of fruit and veg. Teens should eat breakfast and limit high sugar/fat foods/ energy drinks*



Young people need 8-10 hours sleep every night*

To maintain a basic level of health, young people should do 60 min of physical activity every day*



Parents can...

- Monitor sleep patterns - lack of sleep can have a negative impact on the mental and physical health
- Encourage young people to be physically active outside of school
- Encourage young people to eat a healthy diet, avoiding high sugar/ fat diet and caffeine, including energy drinks
- Talk to young people about substance use, including vaping and risks around these on physical health

Staff can...

- Monitor physical health of pupils, sharing any concerns regarding presentation with Pastoral Support
- Do not allow energy drinks to be consumed in classrooms/ corridors
- Encourage movement during lessons, where appropriate
- Promote physical health through the curriculum, where approrpiate

Pupils can...

- Avoid energy drinks - these are not good for your physical or mental health
- Make sure you are getting enough sleep, eating well and staying physically active
- Know the risks around substance use, including vaping

Scan here if you would like to talk to someone about your physical health

*NHS Health Scotland Web