

Health & Wellbeing

Film screening and Art Exhibition

Some pupils at Clydebank High School took part in a Youth Art Panel as part of the Scottish Mental Health Arts Festival. The aim of the festival is to challenge preconceived ideas about mental health. As part of the panel, the pupils took part in a variety of training workshops, with experienced professionals from the arts, media and mental health. This deepened their understanding of mental health and improved their skill set in a variety of areas:

- Art curation
- Event management
- Marketing
- Digital journalism

The pupils were involved in selecting the winning film at the festival. The pupils fully curated an event in CHS on 9/5/18. They screened the award winning film from the festival and produced an exhibition of their own work which was inspired by the theme of mental health. The pupils filmed the event with support from BBC L.A.B. and at the presented to award to the director of winning film at award ceremony.

This is me



Mental Health Week in CHS 14 – 19th May

All year group assemblies this week were focussed on highlighting Mental Health Awareness.

The focus of registration every day this week was mental health:

- What is mental Health?
- Resilience
- Wellbeing
- Help and Support

On the 18th May boy band The Shades performed to all S1 and S2 pupils with the focus was

On line safety and Mental



SHRPE

S2 pupils have now completed all four lessons on Sexual Health Relationships and parenting. The pupils took part in lessons on:

- Gender stereotype
- Gender and Sexuality
- Sexually Transmitted Infections
- Contraception



S4 Health Days

On the 15th and 21st of May all new S4 pupils took part in a variety of workshops:

- Substance Abuse
- Oral Health
- Fitness
- First Aid
- Mental Health
- Cancer awareness – cervical, breast and testicular.
- Mindfulness