Health and Wellbeing Survey (South Area): Background

IN 2010 all 30 secondary schools in Glasgow took part in a health and wellbeing survey which was commissioned by NHS Greater Glasgow & Clyde. A total of 8,282 pupils (S1-S4) took part in the survey.

The data: key findings from the South Area

IN THE South Glasgow area 3,247 pupils took part in the survey, with relatively equal proportion of young people represented from S1 to S4. From this sample size, 81% of young people described themselves as White British and 10% of young people as Asian.

Like the Glasgow City report, the South Glasgow report is very interesting and has revealed useful findings to inform health improvement planning at a local level.

Life circumstances

3 in 5 pupils lived at home with both parents. 3 in 10 pupils lived in single parent families. Over three quarters of all pupils reported that they had some savings, and 58% of them reported they had £10 or more per week to spend on themselves. A quarter of pupils (25%) travelled to school by active methods such as walking or cycling. 71% of all pupils reported that they use illegal substances.

Physical Activity

4 out of 5 pupils (80%) reported that they take part in sports clubs out of school in their own time and 2 in 3 (66%) participated in sports clubs run by the school. Swimming, football, and dance were the most popular.

The first Glasgow secondary schools health and wellbeing survey was carried out in 2006/7. In early 2010, Glasgow City Community Health Partnership agreed to support a follow up to the original schools health and wellbeing survey. The aims of the 2010 study were to gather current information on the pupil population, gather data on key areas of health and gain an understanding to pupil perceptions of their health and wellbeing. The survey included questions on the following topics:
- Demographics – including age, gender, family composition, deprivation and ethnicity
- Physical Activity, Diet and Sleep
- Smoking, Alcohol and Drugs
- General health
- Mental health and wellbeing
- Self-esteem, bullying and anti-social behaviour
- Future aspirations
- Services aimed at young people.

Since the first survey was undertaken, local authorities and schools have seen the introduction of the Schools (Health Promotion and Nutrition) (Scotland) Act 2007, and Curriculum for Excellence. Both place health and wellbeing at the heart of education. Compared to the original survey, the 2010 results show some encouraging findings!

Schools Health Summit
Thursday 14th June 2012
Pollokshields Burgh Hall
The topics being explored include: Aspirations; Mental Health; Physical Activity; Anti-social Behaviour and Bullying; Smoking; Diet: Healthy Eating.

Future aspirations

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Holyrood health

Holyrood Secondary’s many ways of maintaining a happy and healthy life

HOLYROOD R.C. Secondary School is the largest school in Europe and is situated on the southside of Glasgow. There are 2000 pupils and over 150 staff in a re-furbished building with the highest standard of facilities.

Throughout Glasgow City Council area, including at Holyrood Secondary, certain pupils are granted free school meals in the canteen at lunchtime. This meal provides them with what could be their main meal of the day and the crucial energy to help them stay focused on their studies. In Holyrood only 22% of the pupils receive free school meals. This compares with 24% in the Southside and 25% across the whole of Glasgow.

Even though 22% of pupils in Holyrood receive free school meals, 48% of the school population choose to eat in. This compares very well with 41% in the Southside and 40% across the city. An additional 26% of pupils in Holyrood choose to remain in school at lunchtime and they do this for good reasons. Perhaps they like the range of meals on offer or the value for money at £1.15. The advantage of this is that the school can encourage the pupils to choose wisely in their dietary needs if they stay in at lunchtime.

More proof that Holyrood pupils like school meals is in the number of pupils who choose to eat out – only 34% compared to 40% for the southside and 41% across the council. This shows that the pupils are happy with what is on offer and don’t feel the need to eat elsewhere. With choices such as the salad bar, the main meal section and the sandwich bar pupils eat and drink well. Only 36% of Holyrood pupils choose fizzy drinks at lunchtime compared to 39% in the southside and 40% across the city. In addition, free drinking water is very popular with all pupils.

First Year pupils also remain in school at lunchtime as part of the council initiative, ‘The Big Eat In’. They are encouraged to eat healthily and participate in physical activity.

Healthy minds and bodies lead to highly achieving, ambitious pupils. In a recent survey 77% of S6 pupils said that they stayed on at school for a number of reasons. Some were too young to leave, some wanted to improve their results and some wanted to go to college or university and so had to achieve a good set of Highers or Advanced Highers. Many of them already had places secured in these institutions and intended to go on and become doctors, lawyers, engineers and joiners. This figure is higher in Holyrood than in the southside (71%) and across the council (70%). Most of the 86 students said that they would be continuing their studies in Glasgow due to the recession.

One suggestion for improvement was in the area of exercise, and particularly for girls. Holyrood has fantastic sports and recreational facilities and school pupils have access to these in the course of the day during PE periods. There are also after school clubs such as football, netball and athletics, which pupils are encouraged to attend.

At the end of S2 pupils can choose to study PE to Standard Grade and beyond. Within the area of PSE pupils are given lots of information and advice about a healthy lifestyle. They are then in a position to make informed choices about how they lead their lives.

There seem to be fewer options available for girls in terms of sporting activities. They would like to have more netball, more rounders, as well as cheerleading, zumba, modern dance and maybe table tennis or badminton.

Girls would also like to see much more use of the Young Scot card which offers discounted and free exercise such as the gym and fitness classes in leisure centres across Glasgow.

Smokers are jokers at St. Margaret Mary’s Secondary School

THIS ARTICLE is about smokers in St. Margaret Mary’s Secondary School.

The health survey which was taken in 2010 stated that of the 10% of pupils who are current smokers, 83% of them said that they smoked in school. According to the government graph published in 20068 females smoke more than males. We also found out through research that the average smoker loses 10 years of their life due to smoking.

The disease lung cancer that is caused through excessive smoking is characterised as uncontrolled cell growth in tissues of the lung. A teacher at St. Margaret Mary’s Secondary said, “I think smoking is really bad for you.”

Thank you for reading our article we hope you have enjoyed it. We believe that smokers really are jokers.

Counting calories not carrots

A SURPRISING result from the survey is that only 16% of pupils in Castlemilk High School who completed the survey eat five pieces of fruit and vegetables a day.

This is a concern compared to other schools across the city. Some young people have said that possible reasons for lack of fruit and vegetable intake could include dental problems (wearing braces), eating whole fruit can be uncomfortable and some felt that on occasions the fruit in Fuel Zone can vary in quality.

Encouragement in primary schools to eat five-a-day is very good and children were able to access free fruit to encourage healthy eating. However, there seems to be a change in attitude when young people come to secondary school. Some young people have said that peer pressure can be a reason for not eating fruit and vegetables as it’s not seen to be ‘cool’.

Although there is no Home Economics department, pupils at Castlemilk High learn about food and health through PSE and science. The school also run an after school cookery club for S1 and S2 pupils. Having a Home Economics department could help promote more healthy eating messages. There are also two vans outside the school that sell everything apart from fruit!

In order to encourage more young people to eat fruit and vegetables, the school could consider doing the following:

- Advertising more through posters and leaflets through the school, telling pupils to eat five a day.
- Another possible way would be to make smoothies or fruit kebabs available in the Fuel Zone which looks colourful and tastes delicious.
- Tasting sessions or fruit days could also encourage more young people to eat fruit and vegetables.
- Fuel Zone could promote the five-a-day on their TV screen.
- More focus should be made of the fruit options available at intervals.
- The school has lots of space at the back, this could be used to encourage pupils and staff to grow their own fruit and vegetables as part of Curriculum for Excellence.
- The school should continue to offer after school pupil cookery classes.
How Castlemilk High School’s motto provides a springboard for a healthy lifestyle

Nothing but the best will do

CASTLEMILK High School is a non-denominational, comprehensive school, situated in the south-east of Glasgow with a roll of 394. The school is very much part of the local community working closely with nurseries, primary schools, St. Margaret Mary’s Secondary School and local organisations.

Our school is very fortunate to overlook the fantastic Cathkin Burns Country Park which has been selected as a venue for the Commonwealth Games.

As a smaller establishment, everyone knows each other and there is a real community feel about the school. Relationships between staff and pupils are based on mutual respect and there are lots of opportunities for staff and pupils to take part in various activities together (for example Gairloch croft, theatre productions, discos, football matches).

As a health promoting school, Castlemilk High offers a great range of opportunities for young people to promote their health and wellbeing (sports activities, after school clubs, the Miller room, reward systems). Teachers provide a varied style of teaching which helps young people develop as successful learners, confident individuals, effective contributors and responsible citizens.

Over the years Castlemilk High has achieved great success, winning lots of awards, most recently Glasgow Sport School of the Year and we have had great reports from Her Majesty’s Inspectors of Education. As our motto says, ‘Nothing but the best will do’ for everyone at Castlemilk High.

In 2010 a survey was carried out recording the health and wellbeing of all pupils in the Greater Glasgow and Clyde area. All 30 Glasgow secondary schools took part and this article, produced by a group of S3 pupils, will highlight some of the findings from Castlemilk High.

From the Headteacher of Castlemilk High School, Diane O’Neill

“I was delighted that our S3 focus group of pupils, along with their English teacher and our Health Improvement Seniors spent time looking at Castlemilk High School’s survey results. Overall the survey indicated our pupils’ health and wellbeing is sound. We will certainly be taking on board the five-a-day challenge and looking at how as a school we can further support our young carers.”

If you would like to find more information about Castlemilk High please visit www.castlemilkhigh.glasgow.sch.uk

Key Findings, continued from page 1

Health Feelings and Worries

Just over 1 in 4 pupils (27%), said that they had an illness or disability that is likely to go on for a long time. Of those with a long term illness/disability, half, 50% of this group had asthma.

Dental and Oral Health

This is a great public health achievement; 78% of all pupils reported that they brushed their teeth twice daily; this has risen since the last survey. Also, over 80% of pupils had visited a dentist in the last six months and 91% said they were registered with a dentist.

Relationships

When asked if they had someone to talk to about their worries; 80% of pupils reported that they found it easy to speak to their mum/female carer about their worries and 88% talked to friends, with boys being more likely to speak to their dad/male carer (77%). More than 4 in 5 pupils (81%) had received relationships education, and reported that they had prepared themselves well for dealing with relationships.

Strength and Difficulties

For the first time, the survey included the strengths and difficulties questionnaire and encouragingly more than three quarters of all pupils (78%) had a score that indicated they were not experiencing a high level of difficulties.

Bullying

18% of pupils said they had been a victim of bullying either at school or elsewhere in the last year.

Antisocial Behaviour

Pupils were asked from a list of nine antisocial behaviours, which they had engaged in during the last year. One in three, (29%) had engaged in antisocial behaviour. The most common form was fighting which accounted for nearly a quarter of this.

Aspirations

Very encouragingly, 7/10 pupils expected to go on to further education, although boys are less likely than girls to say this, (80% girls v 61% boys). Boys were more likely than girls to expect to go into employment, 33% boys v 16% girls).

Youth Services

One in four pupils, (23%), said they went to a local youth club or drop in youth centre, while 41% said they did not know of one they could go to and 33% said they knew of one they could go to but didn’t go. 71% of pupils have a Young Scot card. Pupils were asked if they used Glasgow Life Services such as museums, libraries and sports centres and, encouragingly, 92% of all pupils had been to at least one of these services, 76% reporting they had used a sports centre, 50% saying they had used a library, and 45% reporting that they had visited a museum. 27% of our young people reported that they had used a community centre.

To view the full report, please visit http://www.phru.net/rande/Web%20Pages/Schools%20Survey%202010.aspx
A RECENT NHS survey in Glasgow showed pupils in St. Paul’s High School are less likely to say they never smoke compared to other schools in Glasgow city. Most who smoke/smoked had done/do it with their friends. The survey shows that most pupils at St Paul’s who tried smoking said they bought their cigarettes from a local shop. They mostly bought a pack of 10 cigarettes and they smoked outside with their friends.

Interviewing a member of staff (by one of the XL class), the staff member had said the problem wasn’t a big issue in the school. Pupils are given a clear message about the facts surrounding smoking and pupils are taught the dangers of smoking though PSE lessons.

This problem isn’t just with school children it’s been a problem since cigarettes started being sold. Smoking is an awful habit but it still continues. The affects of smoking have an impact on both the smoker and those around, related to or in a relationship with the smoker. It also has nasty and life threatening side effects.

Some of the effects of smoking include – throat irritation, coughing and also certain parts of the body begin to rot – hair, nails, teeth and even skin. Skin will form more wrinkles than a non-smoker. Smoking is known for causing some of the most harmful diseases – cancer and lung disease. It can shorten a person’s life span, making them appear older and their body will be filled with harmful chemicals. Cigarette smoke contains about 4,000 different chemicals which can damage the cells and systems of the human body. These include at least 80 chemicals that can cause cancer (including tar, arsenic and formaldehyde). Most of these chemicals are found on our roads or would be put straight in the bin by most people.

Every time a smoker inhales, these chemicals are drawn into the body where they interfere with cell function and cause problems.

Another question was who wanted to stop smoking? It is best to stop smoking younger so your life will hopefully extend. It is said to be hard as once a person become addicted to nicotine. It will be a tricky struggle to stop all together.

People take up smoking for a variety of reasons. Young people are especially vulnerable because of pressure from there peers although 68% of the school said in the survey they have never smoked.

The smoking issue appears to be a rather problematic issue, even so most of the school have never touched a cigarette.
Farewell youth clubs – hello street crime

By Rachael Harley and Sophie Reilly, Lourdes Secondary School

Are youth clubs on their way out? The closure of youth clubs, up and down to the country due to the lack of funding, is fuelling antisocial behaviour on our city streets. And this situation is not due to improve in the near future.

Large cuts on youth services budget have been seen all around the UK. In Haringey in London, the youth budget was slashed 75% forcing local teen youth clubs in the area into closure.

However, this is not only the case in London. Youth clubs throughout the UK have struggled to meet the financial demands of running a successful youth club leaving them no choice but to close.

"It’s absolutely crucial we get kids off the streets and into youth clubs... it’s important to make sure they’re doing something constructive", Councillor Ewan Aitken, Edinburgh City Council.

Surveys have shown that 80% of young people have said their youth club helped them to establish right from wrong and 95% have said their club represented a safe place to go within their community.

So, as youth clubs are continuing to close, teens are losing out on many social and communication skills that would have been beneficial to them in later life.

Councillor Ewan Aitken, from Edinburgh City Council, said: “It’s absolutely crucial we get kids off the streets and into youth clubs. It costs money to employ more staff and give children these opportunities – it doesn’t come free – but it’s important to make sure they’re doing something constructive.”

It has been show that many teens take to the streets because they are bored. 55% of teens involved in street crime report ‘boredom’ is the main reason for their offence.

Another challenge which youth clubs face is providing activities which appeal to the vast majority of teens.

As the trends are forever changing, it is a constant financial struggle for youth clubs to keep up with the interest of teens, particularly in an age when expensive technology holds so much attraction.

The benefits of youth clubs are not just to socialise with friends and ‘have a good time’. Researchers have found that teens who attend youth clubs are 20% less likely to smoke or to ever have been drunk than others of their age.

Also, those teenagers who would regard their lives as highly satisfactory are 51% more likely to belong to a youth club. These statistics show that youth clubs benefit our youth as individuals and make quality improvements in their self esteem.

Youth clubs are a way in which the local councils are able to reach out to young people and as the street crime is increasing it is vital that youth are able to see the problems on our streets and understand the ways in which to act responsibly in their local community.

The financial state of youth services is not due to improve in the near future. As the government is continuing to cut the amount of money youth clubs are receiving, it is unlikely that the situation with the dwindling number of youth clubs will improve and our youth are going to be forced to socialise on our cities’ streets.

Schools’ salty servings versus healthy helpings!

From Lourdes Secondary School

Do you trust what your school is feeding your child? Research throughout the UK suggests that they might not be as healthy as you might think!

The latest research shows that 60% of adults in the UK are overweight which is believed to be a result of unhealthy childhood diets. Six years ago, famous chef Jamie Oliver introduced a campaign to start serving healthy nutritional meals in schools. Sweets, fizzy drinks and crisps disappeared from vending machines and were replaced with healthy snacks or removed completely.

However, six years on, unhealthy snacks could be returning to schools in Britain. The Local Authority Catering Association, which has 700 members across the UK, said it was a concern that this could be a return to unhealthy eating in schools. Linda Mitchell, from the association said, "Our members are telling us that they have been approached by academies to relax the rules as provides to hundreds of schools we are concerned. They are being asked to put confectionery and other snacks back on the menu especially at mid-morning. It is the return of the sausage roll to schools."

She said caterers were mostly being asked to put snacks into vending machines in schools. It is thought that schools might be under pressure from pupils and parents to re-introduce certain foods such as sweets or fatty foods.

They say the requests are from the United Kingdom’s new academy schools, which do not have to follow the guide lines. As fourteen year olds, we can see where these academies are coming from. As much as it is good to eat healthily, you are still allowed to have a treat once in a while. In our opinion, schools should still have healthy snacks with a few sugary choices to choose from.

Some people think that if you exercise plenty then your diet isn’t a problem, but this isn’t true: diet and exercise go hand in hand.

The Lagoon Leisure Centre in Paisley is trying to promote this. They have opened weekly workshops to educate children and to encourage them to live healthier lifestyles.

However, they don’t insist on obsessively weighing the kids, instead they introduce the children to healthy eating and sport. The idea is to help the kids grow to become fit teens. The organisation has had great reviews from everyone who has been!

Even though fatty foods may be reintroduced into school meals, at least we know we have clubs such as ACES in Paisley trying to educate children in having healthy diets and good lifestyles.
**Kids’ fat camp? Fat chance!**

Lourdes Secondary’s report on how our relationship with food has far-reaching consequences

By Tyler and Matthew, Lourdes Secondary School

A GROWING problem in Britain is obesity. Most adults in Britain are either obese or overweight. That means many of us are eating more than we should. Because people are eating more they are at risk of getting health problems such as diabetes, heart disease, stroke, osteoporosis and even types of cancer, these risks can be reduced simply by having a healthy diet.

Scots pupils are loading up on snacks packed with salt, fats and sugars according to survey which suggests their five-a-day is more likely to consist of crisps, sweets and fizzy drinks than the fruit and vegetables recommended to them by health chiefs.

A UK poll of young people, including 250 Scots aged 11-16 found that 22% of secondary school children indulge in fatty and sugary snacks three or more times a week. It also revealed 92% of Scots did not eat the recommended five a day, slightly higher than the UK’s average of 88% and underlining Scotland’s reputation as the unhealthiest of the four home nations.

A senior reporter, Alison Campsie wrote an article in the Herald which says that if more of the English diet was adopted it could save 2000 scots every year. Research from scientists for the British Heart Foundation claimed that the average diet in England contained less saturated fat, salts and fibre plus it had more fruit and vegetables, than its Scottish equivalent. This has also contributed to a lower death rate in England from heart disease, strokes and ten different types of cancers.

Healthy eating and consuming fruit and vegetables appear to make people down right miserable. Many consumers regard the healthy eating option as regimented, boring and tasteless and feel that avoiding junk food is not a way of life for ordinary people.

The report says one of the major barriers to transforming the health of Scotland is the belief that a healthy diet is more expensive and the perception that nutritional food takes hours to prepare. This is probably true as they do help your body a lot however I think it’s worth it.

In this topic healthy eating you would expect that it was going to be all about cutting down in weight, as at some point in most people’s lives they feel a need to lose a bit of weight or get a bit fitter. However these feelings are so common they become a major part of somebody’s life, they may even gain an eating disorder.

These eating disorders such as anorexia and bulimia nervosa can leave a person with a very low self-esteem and a distorted body image. They can lead to depression and even put people at the risk of suicide or self-harm.

Anyone can develop an eating disorder, although most likely it will occur in young women aged from 15-25. Over 1.1 million people in the UK are directly affected by an eating disorder. Eating disorders affect 1, fifteen-year-old girl in every 150 whereas 1, fifteen-year-old boy in every 10,604 this means that girls are 10 times more likely than boys to suffer from eating disorders.

Anorexia nervosa is an eating disorder which is characterised by food restriction and irrational fear of gaining weight. The restriction of food intake causes metabolic and hormonal disorders. It is thought as a lifelong illness that will never truly be cured, but only managed over time.

The food you eat contains all different types of nutrients which are all required for vital processes in your body.

The key nutrients that you need in your diet are: carbohydrates give you energy; protein also a source of energy which helps grow and repair all tissues in your body; fats are a concentrated source of energy and help to give you vitamins around your body. Vitamins and minerals are important to keep your body healthy and fully functional.

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**Fatty Facts**

By Megan and Zoe, Lourdes Secondary School

RESEARCH shows that in recent years the majority of the Scottish population have become obese. Poor diet and lack of physical activity are closing in on tobacco as one of the leading causes of death.

“Scotland’s children have one of the worst dental decay in the western world caused by their poor eating habits.”

The guardian

Between 16 and 33 per cent of children are obese, parents/carers should be trying to address this problem as poor eating habits are usually modelled by them. When children grow up consuming excessive amounts of fast foods, sugary snacks and fizzy drinks, they are at the risk of becoming obese.

In an attempt to tackle obesity schools will be encouraged to teach pupils more about nutrition in science lessons. They will also be urged to use extra-curricular activities to foster an interest in healthy food.

The vast majority of kids could potentially die before they even reach the age of 55, because they are consuming diets burdened with toxic chemicals and nutritionally depleted ingredients that leave them dangerously deficient in nutrients necessary to sustain life.

Poor diet contributes to a range of serious illnesses, the junk food facts about soft drinks alone are alarming, there is compelling evidence that regular consumption of soft drinks lead to:

- increased rates of bone fracture
- increased risk of osteoporosis – caused by low calcium in a diet
- increased risk of weight gain and obesity
- increased risk of Type II diabetes – caused by high fat diets
- increased risk of kidney stones
- increased rate of tooth decay and dental problems – caused by an excessive amount of sugar.

In Scotland more than 65% of men and 59% of women are overweight. This is also the case for children, with 35% of primary school pupils and around 63% of 11 to 12 year olds being overweight.

To conclude, more and more of today’s young generation are becoming overweight due to a lack of nutritional food and a massive consumption of fatty foods and sugary drinks.

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**Five-a-day**

THE RECENT health survey showed that King’s Park Secondary pupils are amongst the healthiest in Glasgow.

The survey showed that a significant number of pupils in the school are eating five portions of fruit and vegetables.

The school has also been growing its own vegetables and using them in the dining hall and in the Home Economics department.

This has helped to spread the healthy eating message.

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**Eating well and being active**

THE RECENT health survey showed that King’s Park Secondary pupils are amongst the healthiest in Glasgow. The survey showed that a significant number of pupils in the school are active. The survey showed that walking to school is significantly higher in King’s Park than other schools.

The recent inspection in the school showed that pupils have lots of opportunities for exercise from rugby to dance.

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**Pupils subject to environmental smoke**

PUPILS at King’s Park Secondary School are breathing in other people’s smoke. 69% of pupils say that they are exposed to cigarette smoke at some point in their day.

The school will now look at ways to help people in the community to reduce this figure.

From King’s Park Secondary School
Junk food: Junk results!

By Monica Sheridan and Rebecca Mansley, Lourdes Secondary School

AN EXPERIMENT on school children about whether healthy eating affects concentration and exams results has revealed that obese children are more likely to perform worse in exams compared to those who eat healthily. Researchers found that school children eating unhealthily at lunch are four times less likely to concentrate in their afternoon classes. A team from the University of West England carried out the research, which also revealed that children’s interest in healthy eating influenced their eating habits at home and what their parents bought at the supermarket.

Two mothers were caught smuggling unhealthy food to the children in a local school in South Yorkshire in protest of their healthy eating policy. They were passing fast food through the school fence to the children at lunchtime, as they were unhappy with the schools new menu. One of the mothers, Julie said: “We just want our kids to have a choice… kids are not eating what they are providing and so they are stuck in there starving.”

Only 23% of schools in the UK met the Government’s standards for healthy meals. When faced with the option of fast food or healthy food, it has been proved that children are more likely to choose the unhealthy option, meaning that they will have a lower level of literacy compared to those who chose the healthier options, who will earn also between £2,103 and £5,476 more throughout their lifetime.

A UK-wide poll for youngsters revealed that 92% of children do not eat their five-a-day but instead indulged in sugary snacks 3 or more times a day. On average, youngsters today consume 1/3 of their daily intake alone on sugary snacks. Per day they are consuming on average: 1 packet of crisps, 1 chocolate bar, 1 bag of jelly sweets, 1 fizzy drink and 1 energy drink – all accumulating to 30 teaspoons full of sugar!

Celebrity chef Jamie Oliver’s healthy school meals have boosted learning in schools in the UK. It has been proven that children who eat from Jamie’s diet perform better in tests and are sick less often.

However, not all schools are cooperating. One school previously was caught giving the pupils crisps and doughnuts at a morning breakfast club.

Further research showed that children who ate at the clubs weren’t offered cereal or fruit and on average, exceeded the daily intake for and adult, and predictably achieving lower grades than those who ate a healthy balanced breakfast.

Millions of National Lottery funding will be contributed towards healthy eating in schools. The money will go towards re-training catering staff and encouraging children to cook from scratch using locally sourced products. It is fact that serving fresh food instead of fatty foods like burgers, biscuits and cakes has an effect on pupil’s academic behaviour and results.

Another reported also concluded that school meals that were cooked in fat and which included chips, were twice as popular as lower fat options, and 90% of schools that served chips served them deep-fried.

More than 75% chose desserts compared to just over half of the children choosing vegetables. Also, one third of schools failed to serve a fruit-based dessert.

A survey showed that when schools improved their meals to make them healthier, there was an average improvement of 6% in the number of pupils reaching a high level in English, and on average an 8% improvement in science. Also, the number of children that had absences for sickness showed a decrease by 14%.

This proves that the lottery funding will help improve children’s minds academically and decrease childhood obesity.

To conclude, schools in the UK and their pupils should continue to make the right choices when it comes to healthy food. By eating healthily and not snacking on fatty foods too often will inevitably improve their general health and boost their school results.

My cubby has gone tubby

“...more than a quarter of our 10- to 11-year-olds are obese and many more are overweight.”

The Guardian

“Excessive amounts of being overweight at a young age can translate into serious medical problems in later life...a UK-wide poll of youngsters, including 250 Scots aged 11 to 16, found that 22% of secondary school children indulge in fatty and sugary snacks three or more times a day.”

The Herald

CHILD obesity is becoming a serious problem in Britain as “more than a quarter of our 10- to 11-year-olds are obese and many more are overweight”, Carol Stone from The Guardian.

“Excessive amounts of being overweight at a young age can translate into serious medical problems in later life”, Helen Mcardle from The Herald “a UK-wide poll of youngsters, including 250 Scots aged 11 to 16, found that 22% of secondary school children indulge in fatty and sugary snacks three or more times a day”.

In a survey taken in a S4 class in Lourdes Secondary shows that 253 pupils would choose a McDonald’s over a salad; this survey also shows that the majority of pupils snack on chocolate, sweets and crisps as opposed to only four who snack on fruit. The survey’s results on beverages show that the main drinks consumed are fizzy juice and fruit juice, although fruit juice is assumed to be healthy, many people significantly misjudge the levels of sugar in fruit juice. Eating the right foods and avoiding certain things will put a spring in your step and help ward off illness. Unfortunately, getting the right information can be a challenge, with dozens of common misconceptions flying around the internet, the gym and the pub, expounded by self-appointed ‘experts’.

Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it’s about feeling great, having more energy, stabilizing your mood, and keeping yourself as healthy as possible – all of which can be achieved by learning some nutrition basics and using them in a way that works for you. You can expand your range of healthy food choices and learn how to plan ahead to create and maintain a tasty, healthy diet. To conclude, our research shows that child obesity is a growing problem throughout the country, this is due to a lack of healthy eating and children eating a large amount of unhealthy foods.
Teens fear five-a-day?

Lourdes Secondary shows that ‘five-a-day’ means different things to different people

By Laura O’Callaghan and Erin Kelly, Lourdes Secondary School

IT HAS been revealed in a recent survey that more than 20% of Scottish teenagers five-a-day food consists of fatty foods and sugary drinks. The survey’s results have also shown that only 80% of the Scottish population eat the recommended five pieces of fruit and vegetables a day, this underlines Scotland’s reputation as the unhealthiest of the four home nations.

British youngsters are consuming almost 30 teaspoons of sugar, double the fat from an average McDonald’s cheeseburger and over a third of their daily calorie intake from snacks alone!

If British children continue with these bad diets, it will result in severe obesity, heart disease and general ill health.

Young people who eat healthily feel the benefit. They are more focused in school, have more energy to do out of school activities and have a brighter complexion because healthy eating improves your skin because fruit and vegetables are filled with vitamins, minerals and anti-oxidants that improve your skin and mind.

A survey has also shown that kids in school would rather drink fizzy drinks instead of the healthier options of water and milk.

“For the survey, more than 2,000 Britons were asked to estimate how many teaspoons of sugar were in a typical serving of a variety of beverages—one teaspoon representing four point two grams of sugar.”, The Telegraph, 17th April 2012.

In this survey, the results have shown that consumers underestimated the amount of sugar contained in a number of drinks. This shows that Britons are uneeducated in how much sugar goes into an average juice and this could lead to British people becoming even more unhealthy.

We know for a fact as youngsters that most people our age would much rather go for a Terry’s chocolate orange, rather than a real orange.

Research has shown that teens who eat more fruit and vegetables are less likely to commit a criminal offence and be sent to jail. A survey was recently done at an overcrowded jail in Britain were half of the inmates were given a supplement containing vitamins and minerals while the rest of the inmates received dummy pills. The results revealed that the inmates who took the vitamin and mineral supplements were 25% less likely to commit less offences, than the other group. This supports the idea that eating healthy improves behaviour and if teens improve their diet, it could reduce crime in the future. A possible reason for this could be that the vitamins, minerals and anti-oxidants that are in fruit and vegetables are more likely to improve someone’s behaviour and calm them down compared to fizzy juice, sugary snacks and crisps which are high in E numbers and a high dosage of E numbers can result in hyper active behaviour and people being over hyper active can result in them becoming angry and aggressive.

If fewer teens are sent to young offenders institutions, it would help our economy as it costs almost eighty pounds a day to keep a young person in one of these institutions.

Some schools throughout the UK are already striving to introduce healthy catering to their pupils, one school in particular is leading the fight to tackle childhood obesity by introducing a reward system.

“The youngshters have to clean their plates for five days in a row in a normal canteen before they get a pass to the Garden Restaurant”, Isobel Delusey and Shelley Matheson 31st August 2009, The Sun.

The system that they’ve introduced is that the children’s school lunches include part of their five-a-day and if they manage to eat all the fruits and vegetables at the end of the school week they get a pass to the Garden Restaurant, which is a restaurant that is a place where the children who’ve managed to eat all the fruit and vegetables at the end of the school week can enjoy a luxury lunch.

This encourages pupils to eat healthily and not waste food as the realise that if they do well they will receive a treat.

By putting in a reward system, pupils are more likely to eat their five-a-day. This will help with their concentration, improve their intelligence and help them do better in school. Many pupils in this school were reluctant to try the reward system at first, however as it developed they started to warm to it and eventually began to enjoy eating fruit and vegetables.

If other schools over the UK followed in this school’s example, childhood obesity may become easier to tackle and children could start to enjoy eating different kinds of fruits and vegetables and would have more energy to do exercise and the problem that is childhood obesity might become less of a threat.

Helping kids win ‘no-belly’ prize

By Michael Flood and Ross Ferguson, Lourdes Secondary School

Children’s diets are full of fat

CHILDREN’S diets have become increasingly sugary and full of fat over the last 50 years, leading to an increased rate of childhood obesity. Shops are selling fast food at cheaper prices than healthy food near schools, so kids are more tempted to buy the cheap tasty foods.

According to The Herald Scotland, from 2002 school children interviewed, a typical daily diet for an eleven- to sixteen-year-olds now includes: a packet of crisps, a chocolate bar, a bag of sweets, one fizzy drink and one energy drink. This means children are consuming 30 teaspoons of sugar a day. They also eat a third of their daily calorie intake on sweets alone.

Bad Habits

RESEARCH has shown that fat parents are ten times more likely to bring up a fat child than thin parents. We know that most people would prefer a fast food meal than the healthier option but some schools are trying to stop this by awarding points to pupils who choose the healthier option at lunch. The prizes for the iPod’s, Playstations and gift vouchers, but how healthy is buying kids a Playstation, why not a bike?

The silent killer

SALT is a silent killer, when you eat more salt, you retain more fluid, sloshing around putting your blood pressure up and giving a higher chance of having a stroke or a heart attack. For example, a McDonald’s Happy Meal contains 940 milligrams of salt and a single Big Mac burger contains 1040 milligrams of salt.

The downside of healthy eating

SOME people eat very healthily, but sometimes the emphasis on food can get out of control. This can end up with people eating very little. The results of this are anorexia and bulimia to name a few. Some dieters can feel as if food is contaminating them.

Research shows that childhood obesity is on the increase even at its already high rate. Should more schools be giving out prizes for healthy eating or should children be stopped by their schools from buying fatty foods at lunchtime? Something has to be done and whatever it is, it will have to be done quickly if we are to avoid the prospects of half the country’s children to be obese within the next 10 years.
Active Youths?
Here's the truth!

Youth Club Shortage

By Kyle Brennan and Anthony Grimley, Lourdes Secondary School

IN recent years many young people's behaviour has deteriorated. Experts think that this problem is due to young people having not enough opportunities to keep them off the street and out of trouble. Surveys that were handed out to the pupils of Lourdes Secondary School show that there are very few local youth clubs and that they know of.

Also, it shows that the activities held in youth clubs hold very little interest for young people. The surveys show that youths don't particularly like being supervised whilst hanging around with their friends. Therefore, a way to improve that might be to have the supervisors that are younger and are able to relate to the youths.

Experts believe that if they can keep young people occupied and off the streets, the statistics for youth crime would fall by a large number. During the year 2006/2007 there was 6,501 referrals to the Children’s Reporter on offence grounds in respect of 2,918 children, (approximately 2.2 offence referrals per child).

In the 2005 survey, more than half of people who responded felt that young people were responsible for antisocial behaviour. Although in 2007, the most common response was still that young people were responsible; this had dropped to 45%. Evidence from research suggests that young people are most likely to be victims rather than perpetrators of crime.

This means that when young people are out on the street, they may be causing trouble, however they are also attracting trouble as well. So the question is, is the street really the place for young people hanging about? As mentioned earlier on in the article, experts believe that if they can set up some kind of club/organisation which will interest youths, the number of crime committed by people under the age of 16 will decrease.

New figures show that youths in Britain are more likely to drink, take drugs, have sex, join gangs and get into fights than almost anywhere else in Europe, new figures show. Published by the Institute for Public Policy Research (IPPR), they come just as the government announces its new 10-year youth strategy to tackle teenage delinquency which calls for a youth club in every neighbourhood. The lack of “somewhere to go in the evening” is a stock grievance among many teenagers and often cited as a reason for them going off the rails. But research shows simply giving them a base to meet and socialise can do more harm than good.

Evidence from research suggests that young people are most likely to be victims rather than perpetrators of crime.
Sociable Teens

Castlemilk High takes a closer look at Castlemilk Youth Complex and the Jenniburn Centre

SUPPORT for young people doesn’t end at the school gates and the local community offers young people the opportunity to access services and activities if they need to. Several of the pupils have gone beyond their school and community to get involved in extra-curricular activities. Most of the pupils have been involved in activities through the Youth Clubs and they have found this integrated communication to be very helpful.

“Streetwise workers are on the street finding out about young people’s issues”

 Casting a closer look at Castlemilk Youth Complex and the Jenniburn Centre

Spare time more crime?

With the decrease of youth clubs, youth crime rates soar

By Rachael Todd and Laura Mansley, Lourdes Secondary School

Many youth clubs are set up to provide young people in their local area with activities designed to keep them off the streets and out of trouble, and to give them a job and interest in an activity. Youth clubs all over Britain have closed down due to budget cuts, but this has led some young people to engage in a life of crime; without them in place, there could be the possibility of youth crime rates rising because teenagers may feel they have nothing to do and end up hanging around the streets.

There are a few reasons as to why youth clubs have proven unpopular in recent years, one being that technology has taken over and has become one of the most popular ways for young people to spend their leisure time. With mobile phones, internet and many gaming devices, young people can take the easier lazier option and rely on this new technology as a form of entertainment and communication. Also, many of these computer games feature violence and display it in a positive light, so this could subliminally influence them towards accepting a life of crime.

But some young people are able to realise that others are abandoning youth clubs to roam the streets instead. When questioned about youth clubs, a 15-year-old from London answered, “I used to go to youth clubs but now there’s nothing to do. We’re just out here getting up to no good.”

In recent years the government have slashed the budget for youth services by 75%. As a result many youth clubs have been forced to shut down and retire their services, leaving hundreds of young people with nowhere to go. In a recent survey, 80% of children admitted they have nowhere to go in their spare time.

Research suggested that 1 million children have resorted to hanging about the streets, parks and public spaces in search of something to do, where they risked either getting into trouble or being perceived as intimidating by elder members of public.

Crime and the fear of crime, particularly by children is a major concern of the government and public alike, over the last decade there has been an 800% rise in the number of under-15s sent to detention centres. Also, in 2002 26% of teenagers said they had committed crime in the past 12 months, compared to 24% in 1999.

Teenagers who are white males living in London are engaged in much more serious crime according to research. 60% said they had been involved in handling stolen goods, 53% said they had carried a weapon other than a gun, and 52% admitted they had stolen mobile phones.

In a survey recently taken in Lourdes Secondary School in Glasgow, only 17% of a class regularly attended a youth club, and only 20% were interested in joining one. Several of the pupils commented that they didn’t attend any clubs because they don’t feel there is enough available in their area that they’re interested in and felt as if the council should provide more.

The council and youth services could try to gain interest in youth clubs again by advertising the opportunities they offer more often; many teenagers may know of them or be hesitant to become involved unless they know what activities will be involved and who is going to be there. If teenagers were more informed about youth clubs in their area there could be a rise in membership levels.

As the popularity of youth clubs continues to decrease, the main effect is the impact on youth crime levels as young people use their time to roam the streets and cause trouble through their community. Young people need to be provided with clubs to fill their time and make themselves and their neighbourhood a safer and more welcoming place.

Aw d’you think so? Or the power of positive thought

From Gowan High School

Don’t worry, we’ve not gone mad – our Pastoral Care Teacher gave us that quotation and it seemed appropriate. We were shown a health report which included an odd statistic about the way we think and the way we talk to ourselves.

“When it comes to luck, we make our own” Bruce Springsteen

Did you know that our brains play tricks on us? There’s lots of evidence but we only take in information that we believe is true about ourselves. For example, walk into school saying, “This is going to be rubbish” and there’s a very good chance it will be. Or, worse still, constantly go about saying “I’m thick” and you’ll never get the grades you believe is true about ourselves. For example, walk into school saying, “This is going to be rubbish” and there’s a very good chance it will be. Or, worse still, constantly go about saying “I’m thick” and you’ll never get the grades you think and the way we talk about ourselves.

It’s more than that though: it was about pushing ourselves outside our comfort zones. Here’s some ways to test if what we’re saying is true:

■ Count the number of big red London buses you see in a week. Because we’ve told your brain what to look out for it will do it. You’ll be amazed how many you see!
■ Make your best pal sick – tell someone you know they look ill; twenty minutes later ask them if they’re feeling OK. An hour later get someone to tell them they look sick. I guarantee they’ll be going home puking by lunchtime!
■ So, you see, it’s what’s in your head that counts. Believe you’re healthy and you will: constantly say you’re not and you’ll probably be sick for life.
■ Tell yourself you’re too thick to go to university and you’ll never go. Tell yourself you’re good enough and deserve to go: you might amaze yourself! How did that work out for us?

Well, we went to Cambridge University. A group of S3 pupils from Gowan visited Cambridge University and it was great. Now we’re planning on visiting Harvard University. We were interviewed by the Times Educational Supplement (Scotland) about our Programme and PX2.

Jennifer Baird (S3) said, “I hate accepting less than an A now.” Ross Woods, another graduate, had this to say, “The programme has made us a lot more confident in our abilities to get to university. I thought before, university that’s impossible…”

So, nothing’s impossible when you put your mind to it! Unlock those brain cells and stop being so down on ourselves. We’re all brilliant! Good luck (if it exists….)
At Bellahouston Academy we support that

No child deserves to be bullied – it’s unacceptable behaviour and can have a devastating effect on the victim.

BBC website, 2012

What is bullying?

When we asked some of our first year pupils what they thought bullying was they said, “name calling, trying to fight with someone, kicking people, racist comments, all kinds of abuse, taking advantage of someone smaller than you, cyber bullying, threatening behaviour, teasing someone.”

There really are many different forms of bullying:

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<thead>
<tr>
<th>Category</th>
<th>Examples</th>
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<tbody>
<tr>
<td>Verbal</td>
<td>name calling or teasing</td>
</tr>
<tr>
<td>Physical</td>
<td>hitting, hair-pulling, kicking or spitting</td>
</tr>
<tr>
<td>Written</td>
<td>graffiti, emails, texts (including images)</td>
</tr>
<tr>
<td>Psychological</td>
<td>peer pressure</td>
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<tr>
<td>Material</td>
<td>damaging possessions</td>
</tr>
<tr>
<td>Social</td>
<td>ignoring or excluding others</td>
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Why do people bully?

We asked some pupils what they thought about bullying and why it took place:

“I think people bully because they may have been bullied when they were younger – maybe by their classmates or family. They might bully because I makes them feel better and like they are at the top of the world. The reaction of the victim makes them feel good but it is not good for the victim and can have lasting effects!”

Sarah Ali, 3H.

“I remember once in primary school this girl got pushed in the gutters and bullies poured Irn Bru all over her. She hid in the toilets, crying for a whole day and begged me not to tell anyone she was there!”

Zahrah Tayyab, 3F.

“I got bullied in Primary School. They used to say to me ‘You should move school – nobody likes you here’, and they pushed me around and stuff. They would kick me and it really hurt. It made me feel scared and I didn’t want to go to school. I used to cry in the mornings. But Bellahouston is good – I’ve never been bullied here!”

Sidrah Mahmood, 2B.

How can bullying be prevented? Who can help?

“We learn about bullying at school in Personal Social and Health Education and cover issues such as bigotry, racism, domestic abuse, homophobia and cyber bullying. Our PSHE course helps us to understand and accept others. There are other ways of dealing with bullying at school for example we can speak to our Pastoral Care Teacher, other teachers or senior pupils or we can tell someone at home.”

Farrah Mustafa, 2B.

References

Tackling tobacco

Tobacco and smoking: the facts

HERE at Shawlands Academy we are less likely to be exposed to environmental tobacco smoke.

Less than 14% of the pupils here are exposed to tobacco smoke everyday, which is just below the Glasgow average. When we compare our overall result of 69% (of pupils ever exposed to tobacco smoke), to the worst school in Glasgow – where 87% of pupils are exposed to second hand smoke – we are significantly better.

We believe that since the smoking ban was introduced in 2006, teenagers have become more aware of the risks of smoking and are less likely to be around people who smoke.

In Shawlands Academy our PSE programme for all years includes lessons in smoking. We are also part of the smoke-free class programme which ensures teens not to smoke and are more aware of the risks of second hand smoking.

Government campaigns also inform smokers of the risks of second hand smoking and deter them from smoking around teens and young children. Over half of the pupils in our school are not exposed to smoke in the house and those who are, are aware of where they are exposed to smoke.

Our school also advertise No Smoking posters throughout Shawlands Academy making us aware of facts like “53,000 non-smokers die from second hand smoke each year” and “tobacco smoke contains over 4000 chemical compounds, including at least 40 cancer-causing carcinogenic agents”.

Shawlands Academy also offers a range of activities which gives pupils something to do rather than socialise with people who smoke.

As part of a joint initiative, involving health and other secondary schools in the south east, the school developed their own tobacco resource for S1 pupils (a DVD, along with lesson plans). This was launched at the GFT, and as a result other schools in the city are taking this project on board.

Boy, those kids can walk!

This is a report showing the statistics of the Shawlands Academy pupils and how they get to school.

The Statistics
Shawlands Academy is more likely to use active travel to school.

The statistics show that almost 60% of the pupils walk/cycle to school; this is a great achievement, that’s more than half of the school!

Walking is a really important activity that everyone should do and goes towards your overall physical activity target (one hour) each day.

The rest of Glasgow has an average of 48% of pupils that walk/cycle to school, so we have an above average score.

Physical Activity
On average pupils in Shawlands secondary walk 15 minutes (each way) to and from school. If pupils could be encouraged to walk at a faster pace, they would be meeting half of their physical activity target each day they go to school.

Considering only 35% of pupils meet the physical activity target, this could be an ideal opportunity to increase these levels.

Why have we achieved this?
Our success of this can be down to a range of factors, including the great location of the school. We are in the middle of a small community with accessible facilities, within walking distance. The school also promotes plenty of physical activities and healthy eating.

Encouragement
Here everyone to walk to school, people who do not live in walking distance are encouraged to use public transport, or be dropped halfway by parents or carers.

Being Green
Shawlands have so many people that walk to school on a daily basis, this means we saving on things like carbon emissions.

Drop in or drop out?
Here are some of the figures of young people who aren’t using a youth drop in centres:

- 22.4% of people said that they do go to a youth drop in centre.
- 49.75 of people said that they don’t know that they could go to one.
- 72.1% of people are going to free swimming.
- 34.1% of people said that they go to a cinema or theatre with a Young Scot Card.
- 22% of people of Shawlands Academy go to a youth drop in centre.

If we compare that to a different school in Glasgow it is a very big jump, 22% to 51%

Statistically, Shawlands Academy pupils are less likely to go to a youth drop in centre. We have been working very hard at Shawlands Academy to promote youth centres like the Way-to-go Café and the Barn Youth Centre. Around 50% of our pupils are unaware of the youth drop-in centres in our area, however many are instead using their Young Scot cards to go to the cinema they are also using their card to get free swimming.

Pupils in our school are also taking advantage of our after school activities like: gymnastics, drama club, debating club and movie-making club.

Although youth centres offer a safe and fun environment and increase young people’s participation in learning, here at Shawlands it would appear that many young people are taking advantage of other opportunities and activities available to them.

Our future plans would be to promote and raise awareness of resources available to young people by:
- setting up a pupil section on the school website
- displaying information on the large screens in the social area and the foyer
- providing appropriate links in PSE programmes to local services.