

As part of our Health Promoting Schools Flag, we ran a Health Promotion Week starting on January 16th. As part of this our School kindly received sponsorship from Glenisk who provided us with 300 healthy yogurts for our students to promote healthy eating. We also provided a large number of fruit pots which students were delighted to receive free of charge over the course of the week.





As part of this week we also had local man Martin Masterson offer his personal experience and expertise in a talk to our students relating to healthy lifestyle (covering nutrition, exercise and lifestyle choice).



The student JIGSAW health team also decided that they would like to address their respective year groups during the week and chat to them briefly about team and their work relating to mental health promotion within our school. A mental health poster competition was also run by the Art Department in conjunction with mental health week. Winners were awarded a range of prizes for their contributions.