

How will we know if it's working?

Researchers are looking at the project to see whether it's working or not.

They might come to you at some point and ask you some questions – that means you'll be able to have a say in what happens next.

Where do we go from here?

We think the project is a good way to work with you to improve your health and well-being. But the project isn't the only thing that will help you achieve this.

Support for good health and well-being is all around you – at home, in school, and in your community.

We want to make sure that you keep getting the advice and support you need to stay healthy and feel well. So you'll see lots of different things taking off in your school over the coming weeks and months.

Keep your eye open for them, and remember – it's *your* health!

Where can you find out more about health and well-being?

The **Young Scot** website is a good starting place. It has a special section that focuses on health, with lots of helpful tips and advice. Go to the website at: www.youngscot.org and follow the link to "**Health: Feeling Good**".

To find out more about the Health and Well-being in Schools project, contact your local project coordinator:

Elizabeth Gray
Project Officer
Dr Gray's Hospital
Elgin IV30 1SN

Tel: 01343 567368

Email: elizabeth.gray@nhs.net

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Chief Nursing Officer Directorate
The Scottish Government
St Andrew's House
Regent Road
Edinburgh EH1 3DG

Telephone orders and enquiries
0131 244 2817

Email orders
SchoolHealthandWellbeing@scotland.gsi.gov.uk

www.scotland.gov.uk



THE HEALTH AND WELL-BEING
IN SCHOOLS PROJECT IN
MORAY AND YOU

What does “good health and well-being” mean for you?

Basically, good health and well-being is good news.

Good health isn't just about your body. It's also about the way you think about things, the way you feel, and the way you get on with people around you. We call this “well-being”.

Good health and well-being is a very personal thing – it's about the way *you* feel and think, not someone else. It's about getting it right for *you*.

What is the Health and Well-being in Schools project?

This project is about *getting it right for you*.

It's about supporting you to make choices that will help you to stay healthy and feel well.

And it's about helping you if you don't feel healthy or well.

How can the project help you?

If you have a worry or question about your health and well-being, or if you want some advice on how to stay healthy, we're here to help. And if you want, we can help you to get advice from health experts from outside the school.

In Moray, we're looking at different, straightforward ways to help you stay healthy and well.

We understand that it can be very stressful, confusing and even overwhelming when you move to a new class or new school, or when you're about to leave school to go to college or work.

We've got trained health service staff – school nurses and children's and young people's therapists – who can listen to you, support you and assist you and your family to feel happier and safer at times of change.

We want to help you:

- ★ be well
- ★ keep well
- ★ stay well.

You can contact us if you need some extra information or support – our details are on the back cover of this leaflet – and remember, we're here for your family as well!

