

SaluVida

Human MOT for schools

February 16th 9.30 am-4.30pm

A specially designed one-day course to be held during the February 2010 in-service days. It is a combination of the Human MOT and Stress Management Masterclass and the price includes every participant receiving their own personal hand held stress reliever.

The PC based technology will be available for staff to try during the course. It is a full day of activity and experiential learning for staff developing this challenging area of the National Curriculum.

SaluVida consultant and experienced health promotion specialist Jermaine McCracken will lead the day and provide insights into the pilot study held in 2009.

Staff will be required to perform some physical activity, bring plenty of fluids and have bare feet for one of the measures.

For an informal chat about the resources contact D McIntosh at Dingwall Academy or E Foster or S Holmes at Fortrose academy.

For more details call 07803 706842



Demonstrating the hand grip Dynamometer

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- Workplace stress costs British industry more than £13 billion per year.
- Excess stress can lead to illness and death.
- Stressed workers under perform which leads to more stress!
- Learn how to enhance and enrich your daily living.
- Increase productivity, creativity and reduce sick leave.
- Invest in human knowledge for your staff.
- Increase conscious awareness of behaviour and promote wellness in the workplace.
- Employees will be more loyal and productive in your workplace.
- Investing in this approach will reduce staff turnover.
- Healthy happier staff = happier pupils !



Pupil using the hand held personal stress reliever

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Health
and
Wellbeing
ideas
for
schools



SaluVida completed a pilot course with two of the Highland's largest high schools and is ready to share ideas and lessons from the evaluation.

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Human MOT good for staff

For every £1 you invest in workplace health promotion research suggests you could gain a **tenfold return by**

- Improving communication
- Reducing sickness absence
- Increasing staff resilience to stress
- Improving sleep quality
- Reducing blood pressure
- Improving energy levels
- Enhancing creativity

SaluVida director Jermaine McCracken, has over 25 years experience in health promotion across the UK and says,

‘Employers invest in training their staff but do not protect that investment by ensuring optimum physical health and mental wellbeing. Millions of pounds of investment are wasted due to poor physical and emotional health’.



Jermaine McCracken introduces the Human MOT booklet

Transfer Knowledge to pupils

In order to inspire pupils, staff can explore their own physical health and mental wellbeing on this one day experiential course.

Just like a car that runs smoothly due to regular fuel top ups, maintenance, servicing and polishing - our bodies require similar care if we are to perform daily to our best.

Absenteeism caused by low back pain causes stress in the workplace.

Unproductive workers - presenteeism- creates ill feeling and dissent.

Through this full day of measuring, discussing and reflecting, participants will gain useful insights to the complex interactions of the human body raising awareness of their own health and mental wellbeing. Each participant will receive their own ‘Human MOT’ booklet for future reference and a hand held PSR.

The course takes a holistic approach referring to Professor Stephen Covey’s model of IQ, EQ, PQ and SQ for optimum physical health and mental wellbeing. Linking each section to cross curriculum learning activities for the school offers ideas for planning an integrated approach, offering clarity, experience and reinforcement for pupils who struggle in school.

IQ– Intellectual approach measuring how much you know about your own behaviour.

PQ– Physical approach that measures you in a number of ways!

EQ– Emotional approach that shows you how your emotions effect your performance.

SQ– Spiritual discussions about your life’s journey so far and your dreams and aspirations.



Booking form

Human MOT for teachers £160 per person

Dingwall Academy , Dingwall, Ross shire

Tuesday 16th February 2010 9 am—4.30pm

This one day in-service opportunity is offered to teaching staff planning or delivering the health and wellbeing activities for curriculum for excellence and looking for ideas to meet the HMIE requirements for community integration.

School

Address

Phone

Email

To book your place contact

Jermaine on 07803 706842

www.saluvida.com

Email

jermaine@saluvida.com

Places are limited so book now!