

H+W@PGS

Health and Well being @Perth Grammar School

This Month in PSE Who Can help????

S2

- Career Visit and visit to careers fare

Website to try

www.sustrans.org.uk

www.kidshealth.org

www.skillsdevelopmentscotland.co.uk

Career Advise

The Career adviser at Perth Grammar can offer careers advice at Perth Grammar, contact her by visiting her in the office across from the school office...Or visiting careers Scotland.



Or by email - careeradvisor@CareersScotland

Are you thinking about volunteering? Planning for life after high school? finding a summer job, and lots more. Rossana Can Help with all this!!!!!!

Recipe of the Month Fruit Salad

Ingredients

1 mandarin orange
1 apple
1 pear
A few grapes
1 banana
100mls fresh orange juice



Method

1. Measure fruit juice and pour into bowl.
2. Wash apple pear and grapes and dry with a paper towel.
3. Peel orange then divide into segments, place into bowl.
4. Cut grapes in half (remove any seeds if not seedless) and place into bowl.
5. Cut the apple in half, lengthways and then cut into quarters.
6. Carefully remove the core from each quarter and then cut into small bite sized pieces, place in the bowl with orange juice.
7. Prepare the pear the same way as the apple.
8. Peel and slice the banana and place in the bowl.
9. Gently stir the fruit to mix and make sure it is coated with the juice.

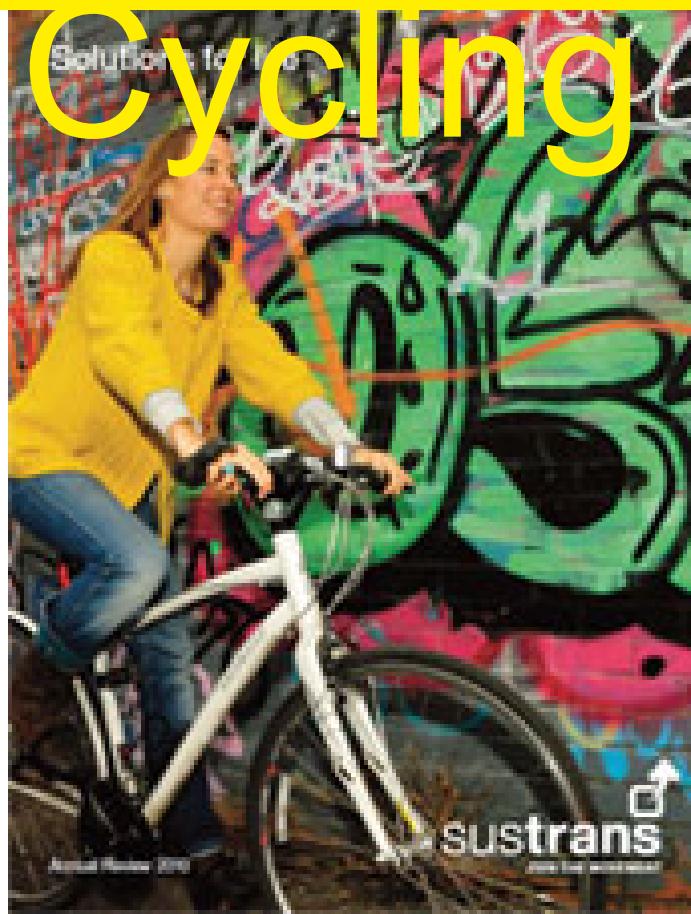
You can use any fruit available to make a tasty fruit salad.

Interesting Fact

Did you know if you live in Glasgow you are expected to Live till you are 71 for men and 78 for woman...

In Perth it is 79 for men and 82 for woman.....

Fitness Focus??



7 Reasons to Take Up Cycling

It is National Bike week here in the UK, these are 10 powerful reasons to take up cycling.

1. Freedom.

Cycling gives a sense of freedom that sitting in a car can never give. Many towns are encouraging pedestrian only areas. With a bike you can go down narrow lanes, on canal paths and often cut corners that you cannot do in a car.

2. Quicker Travelling.

In many congested towns, a bike can offer the quickest method of transport.

3. Lose Weight

Cycling is a low impact aerobic exercise and is an excellent way of losing weight. It is also a lot cheaper than gaining membership to the gym.

4. Health Benefits.

Cycling is good for the heart and can help reduce incidence of heart disease, one of the biggest killers amongst developed countries.

5. Relieve Stress.

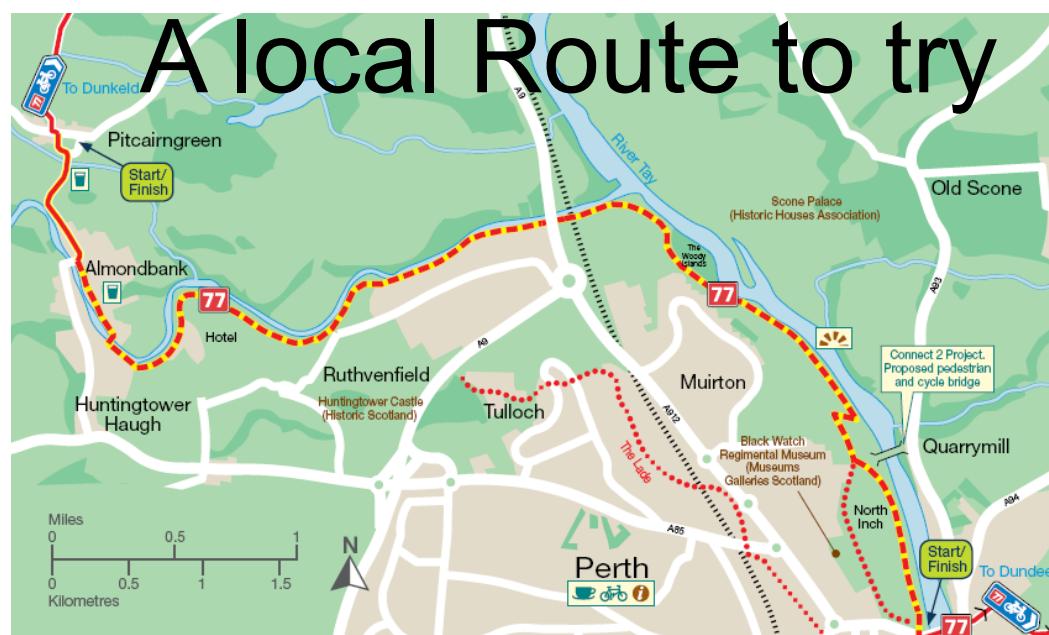
If you get stressed at school, exercise such as cycling can be a powerful way to help reduce stress and take your mind off many problems. Exercise releases chemicals such as serontin. Serontin is known to promote a feeling of well being.

6. Reduce Global Warming

Cycling creates no pollution or Carbon dioxide emission.

7. It's Fun.

The bike has repeatedly been voted the most popular invention of the past 200 years. Cycling is simply great fun.



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