



*'AS HIGH TUNSTALL LEARNERS WE  
INSPIRE ONE ANOTHER BY GETTING  
INVOLVED, BEING IMAGINATIVE AND  
ENJOYING CHALLENGES*

*AS HIGH TUNSTALL LEARNERS WE  
SUPPORT ONE ANOTHER BY SHOWING  
RESPECT, BEING POSITIVE AND  
HAVING PRIDE IN OUR COMMUNITY*

*TOGETHER, AS HIGH TUNSTALL  
LEARNERS WE CAN ACHIEVE*

*THE HIGH TUNSTALL LEARNER – EMBRACE  
EVERY OPPORTUNITY'*



## CONTACT US

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The High Tunstall guide to ...

**GOOD  
HEALTH**

# WHY IS GOOD HEALTH IMPORTANT?



**It is important to remember our physical health as well as our mental health as one affects the other. Physical health can be affected by sleeping patterns, allergies, illness and so on.**

**It is important to engage in a healthy lifestyle physically to support a healthy lifestyle mentally. The following acts as a guide as to what you can do to support your well-being and development in this particular area ...**



## WHO CAN I SPEAK TO IF I NEED MORE SUPPORT?

**For more information please speak to your tutor, Year Leader of SSO. If you would like to speak to someone at school in relation to this please contact either Mrs Peek or Mrs Whitaker. Mrs Peek is usually based in the Personal Development office in the North Building but will be around College each day. Mrs Whitaker is based in reception.**

## METHODS OF SUPPORT

### HELPFUL WEBSITES

**LIVE WELL (NHS)** – Visit <https://www.nhs.uk/livewell/> to get up to date Advice, tips and tools to help you make the best choices about your health and wellbeing in a number of different health-related areas.



**Young Minds:** Information on child and adolescent mental health. Services, including useful help, guidance and support on Depression. [www.youngminds.org.uk](http://www.youngminds.org.uk)



### HELPFUL APPS

**NHS Go:** The NHS Go app provides young people with confidential health advice and greater access to health information. You can find local services in some areas and learn about health and your rights as a user of the NHS.



**Fabulous: Self Care:** Build healthy habits with Fabulous so you can enjoy a healthier, happier life. The app takes a holistic approach that motivates you to be more productive. You'll maximize energy levels, find more focus, lose weight, and sleep better – just follow the app's prompts.



### TUNNY TOP TIPS

#### Physical

- Get active
- Manage your weight
- Eat more fibre
- Cut down on saturated fat
- Get your 5 A Day
- Cut down on salt
- Read the food label

#### Mental

- Connect with other people – do not rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging or emailing people
- Learn new skills
- Give to others
- Pay attention to the present moment