

Tina McGuff has worked with us here at the High School of Dundee to support the development of our Personal, Social and Health Education programme in relation to Eating Disorders.

Tina has presented to our pupils in Forms 3 to 6 (ages 14 to 18) and provided them with an understanding of the nature of anorexia as an illness. They were left understanding what triggered her eating disorder, how it affected her and her family and how she was able to move towards recovery. Our pupils found her to be engaging and were eager to ask questions. A number of pupils approached her for 1:1 advice and found her to be empathetic and encouraging in her approach.

Tina was proactive in seeking our advice before speaking with our pupils. She listened carefully to what we felt was appropriate for each year group and tailored her presentations accordingly. She was sensitive to the fact that some of her audience were suffering from an eating disorder themselves or had family members who were unwell.

Tina has agreed to return to the High School early in 2017 to support us with a Parents' Workshop on Eating Disorders. As a school we firmly believe that our parents need to be as well informed as our pupils on all aspects of mental health and we are delighted to have Tina on board with us!

Should you require any further information, I would be happy to discuss Tina's contributions to the High School further.

Mrs Samantha Watson

Deputy Head (Guidance)