

## **EATING DISORDERS**

### **Early warning signs of eating disorders in school In the classroom**

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- The quality of a students work may deteriorate significantly as the eating disorder progresses.
- The student may show a variety of mood states which were previously absent.
- The student may appear withdrawn, lethargic, tired or fidgety.
- The student may constantly refer to body image, weight or shape.
- The student may have changes in how they dress, often wearing baggy clothes.
- The student may bring their own food to school events.
- The student may be constantly chewing gum when this was previously not present.
- The student may appear to have lost a lot of weight or show fluctuation in weight.

### **In the dining hall**

- The student may skip meals or eat a very small amount of a low-calorie food (e.g. salad without dressing).
- The student may constantly have 'something they have to 'attend to' every lunch time.
- May take a long time over eating something very small.
- Push their food around the plate but not actually eat much.
- Develop 'allergies' or intolerances to a variety of food.
- Become vegetarian or vegan

### **In PE lessons**

- The student may choose the most calorie burning activities.
- May become very active and volunteer for a number of activities.
- May refuse to change in front of others
- May give up swimming in order to not wear a swimming costume.
- In boys, become very competitive about musculature.

### **With the school nurse**

- May present with a number of physical complaints around lunch-time
- May present with low blood pressure related problems.