



Healthy Helmshore!



A leaflet written by Pupil Council
for parents and children to talk about at home.

"To be the best we are able to be"

Why do we need to keep ourselves healthy?

It is really important that we all try to keep ourselves as healthy as possible. Being healthy will help you to:

- grow and develop well
- be ill less often
- be happy
- learn as well as you possibly can

Watch this clip:

<https://www.youtube.com/watch?v=UxnEuj1cOsw>



What are the main things we need to think about to keep ourselves healthy?

The main things children can do to keep healthy are in the following areas:

- Eating healthily
- Drinking enough water
- Exercising
- Being happy
- Getting enough sleep
- Looking after teeth

Tips for healthy eating:

- Try to get at least your "five a day" - your body needs nutrients to grow and be strong. (bringing a healthy snack to school as one or even two of your "five a day" can really help with this!)
- Try to keep your diet as balanced as possible: your body needs a balance of foods from the different food groups.
- Try not to eat too many sugary snacks
- Drink water to keep you hydrated - try not to drink too many sugary drinks
- Make sure lunch boxes contain sensible portions and mostly healthy food
- Eat a healthy breakfast to start your day well



Tips for exercising:

Children need lots of exercise!

- Try to be as active as you can
- Making your heart beat a little faster is good for you
- Exercise outdoors is especially good for you - both for your body and mind



Good ideas for ways in which children can exercise include:

- Running
- Swimming
- Cycling
- Climbing
- Dancing
- Sports



...the choice is yours!

Tips for healthy, happy minds:

- Do activities that make you feel happy and think about how they make you feel
- Celebrate the good things that are happening for you
- Tell someone you trust if you're worried about anything

Tips for good sleep:

- Try to relax without "screens" for an hour before going to bed (e.g. quiet reading or calm music)
- Go to bed when your parents tell you to - they know what is best for you
- Tell an adult if anything is stopping you from sleeping well



Tips for looking after your teeth

- Brush your teeth carefully twice a day
- Try not to have too many sugary snacks/drinks
- Visit your dentist regularly



Think about it.....



Are you always making healthy choices?

What else could you do to have a healthier lifestyle?

Bring healthy snack Mondays to Thursdays - use your snack planner to plan this

If you are bringing a treat on a Friday remember,

- no sweets/lollipops/chewing gum at school
- bring a sensible portion size of biscuits/crisps

Help us to help you to keep healthy.....

....make every day a healthy day!

Thank you for taking time to read and discuss this booklet....

Your Pupil Council