

25th November 2021

Physical Wellbeing

Helping my child stay active

Emotional Wellbeing

Making and keeping friends

Hello!

Stephanie Howdle-Lang - Vice Principal - Student Wellbeing (Primary)

Geoff Wheeler - Vice Principal - Student Wellbeing (Secondary)

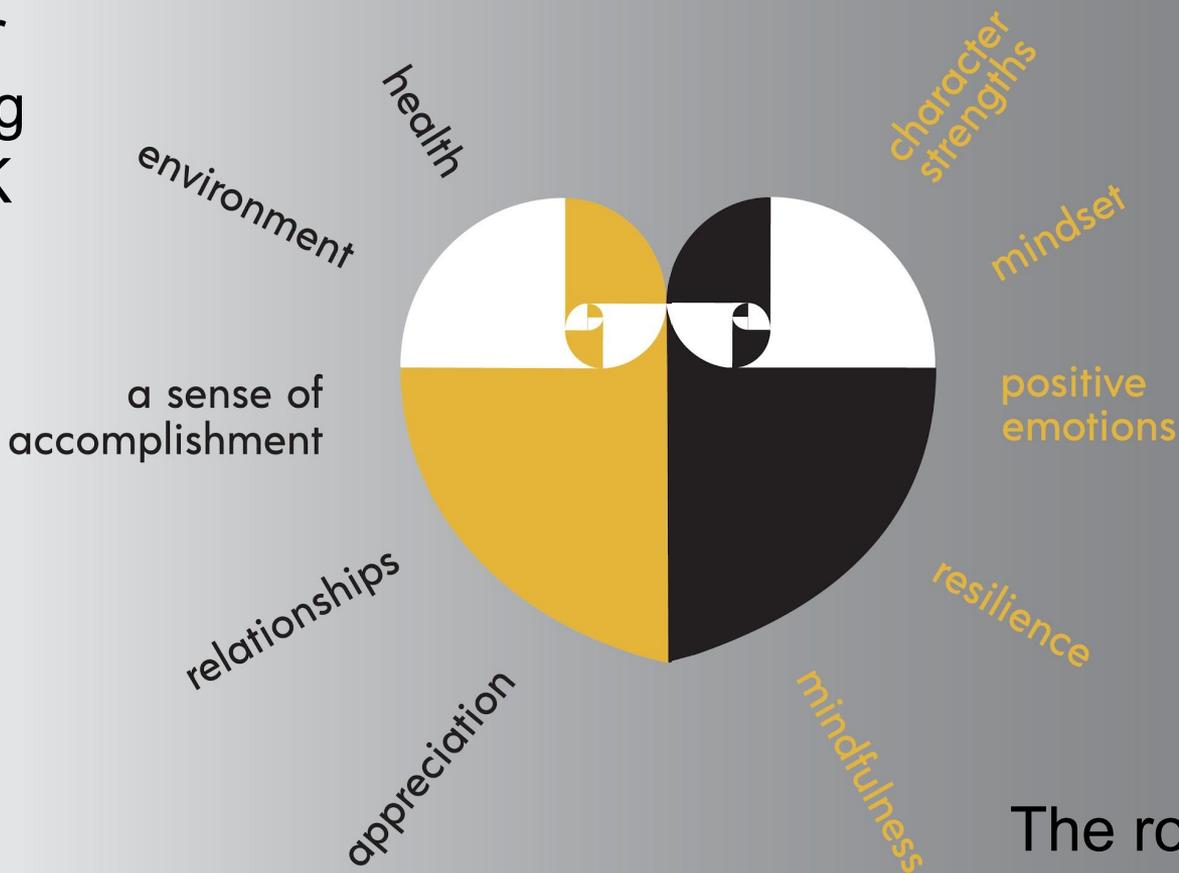
Rebecca Thompson - Physical and Health Education Teacher
(Secondary but also experienced in Primary)

2.1 The What and Why of Wellbeing



Wellbeing: the physical, social and psychological state needed to manage life's challenges.

What we value for wellbeing at RCHK



The routes to wellbeing

Why be physically well?

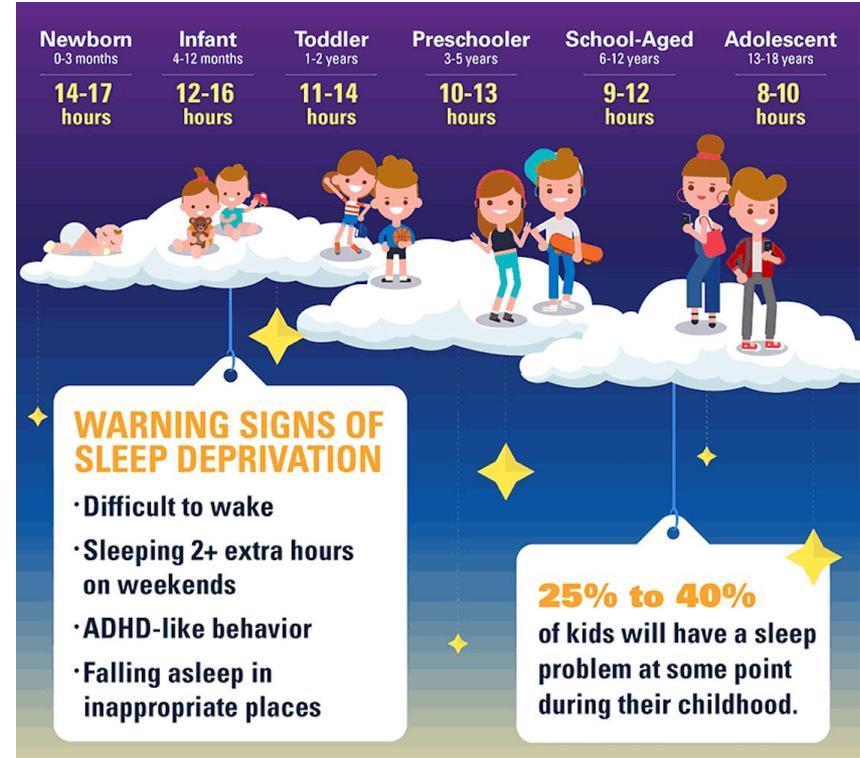
Physical wellbeing is the ability to maintain a healthy quality of life that allows us to get the most out of our daily activities without undue fatigue or physical stress. It includes taking care of our bodies and recognizing that our daily habits and behaviours have a significant impact on our overall health, wellbeing and quality of life.

Children who exercise regularly, have good nutrition and sleep well are more likely to attend school, and do well at school



Sleep & Bedtime Routines

- Studies have shown that children who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health. Not getting enough sleep can lead to high blood pressure, obesity and even depression.
- Lack of sleep causes irritability, increased stress, forgetfulness, difficulties with learning and low motivation. Over time, it can contribute to anxiety and depression.
- Your child's brain needs sleep to restore resources that were used up during the day. A well-rested brain can solve problems, learn new information and enjoy the day a lot more than a tired brain.



Sleep & Bedtime Routines

Create a routine that you and your family all adhere to. For example, if everyone puts their screens away by a certain time before bed, children won't feel like they're being punished if you ask them to put their screens away for the night.



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Bedtime routines not only help with a good night's sleep, but also as a way to relax and wind down for the day.

- Consistent bedtimes - try to go to bed around the same time every night
- Shower/bath - good habit for personal hygiene, but hot water also helps to lower body temperature and prepare our body for relaxation and sleep
- Bedrooms should be dark
- Read a book before bed, rather than electronic devices
- Journalling - mindful activity, helps to release any worries or stresses from that day, could be a conversation - 3 good things that happened today
- Relaxation music - Youtube, Headspace, Calm

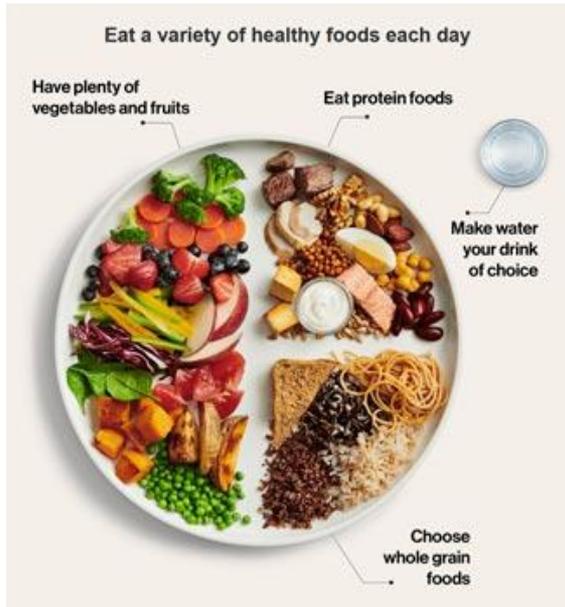
Nutrition & Hydration

Question: In the chat, please comment the following

- A) a nutritious snack that your family enjoys
- B) your family's favourite not-so nutritious snack



Nutrition & Hydration



Recent studies have demonstrated that nutrition affects students' thinking skills, behavior, and health, all factors that impact academic performance. Research suggests that diets high in trans and saturated fats can negatively impact learning and memory, nutritional deficiencies early in life can affect the cognitive development of school-aged children, and access to nutrition improves students' cognition, concentration, and energy levels.



BRAIN BREAK!

- Children see us as role models. It's important that we practice what we preach!
- Please stand up and join us in some fun physical activity!



Physical Activity

Recommended Amounts of Physical Activity

Children and adolescents aged 5-17 years

- should do at least an average of 60 minutes per day of moderate-to-vigorous intensity, mostly aerobic, physical activity, across the week.
- should incorporate vigorous-intensity aerobic activities, as well as those that strengthen muscle and bone, at least 3 days a week.
- should limit the amount of time spent being sedentary, particularly the amount of recreational screen time.

(World Health Organization)

Physical Activity

| Sports | Exercise | Play | Active Family Opportunities | Be a good role model |
|---|--|--|---|---|
| Team or individual pursuits | Varied range of exercises and types of exercise | Movement should be FUN | Seek out opportunities where you can be active together | Demonstrate positive behaviour and attitude to activity |
| E.g. ESF sports, Black Kites, S&A clubs at school | E.g. strength training, endurance training, flexibility training | E.g. children use their imaginations to play games | E.g. hiking, cycling, skate parks, swimming | E.g. Be active with your children. Prioritize physical activity. |

Making and keeping friends

“We`ll be friends forever



won't we, Pooh?”



asked Piglet



“Even longer”



Pooh answered.



Friendship

**Momentary
playmates**
3 - 7 year olds



**Two-Way, Fair
Weather
Cooperation**
6 - 12 year
olds



**Mature
Friendship**
12 years to
adulthood



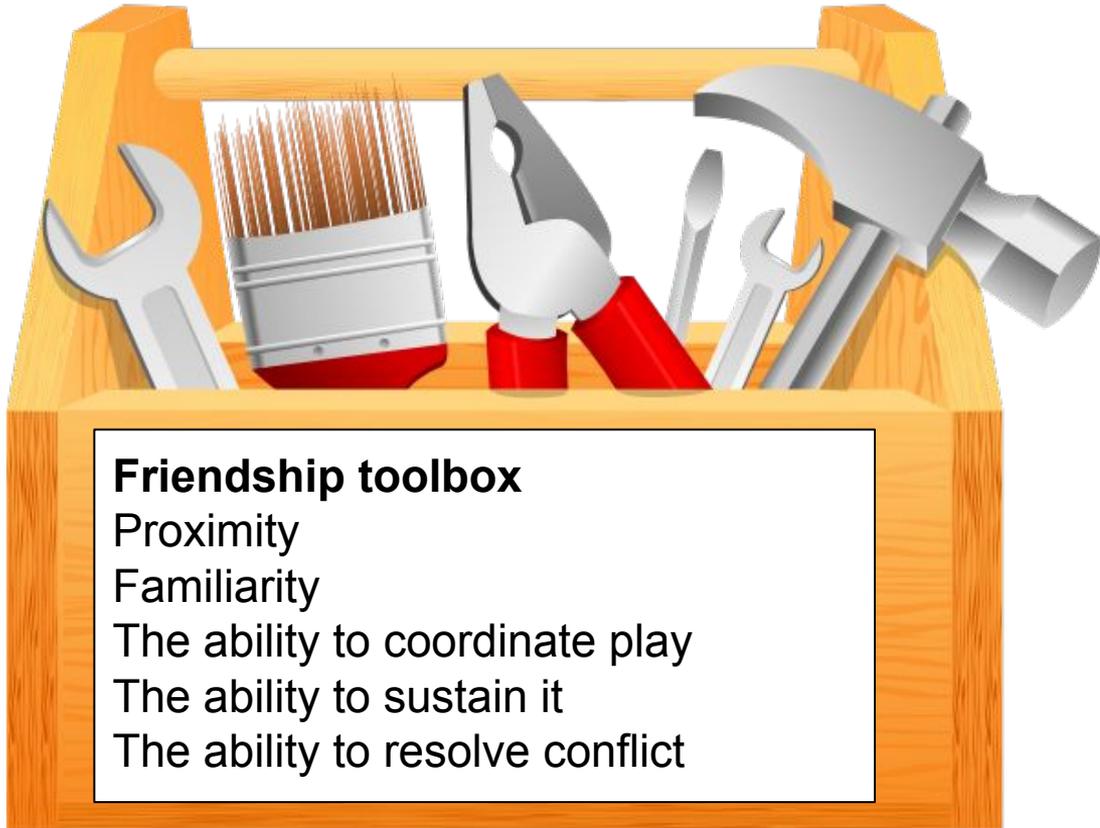
**One-Way
Assistance**
4 - 9 year olds



**Intimate, Mutually
Shared
Relationships**
11 - 15 year olds



What is friendship?



Friendship toolbox

Proximity

Familiarity

The ability to coordinate play

The ability to sustain it

The ability to resolve conflict

Skills kids need to make friends

- Starting a conversation and keeping it going
- Responding to social cues
- Interacting in a positive way
- Listening to others and understanding what they're saying

Five “unwritten” social rules that some kids miss

Meet and greet politely

Take turns talking

Pay attention to others

Think about others before acting

Cooperate with others