



Together We Are Safe, Together We Are Respectful, Together We Achieve

Wellbeing Wednesday #10

Each Wednesday we will be posting some exciting Wellbeing content for our community. This may include information about how you can support your children's and families' wellbeing, a snapshot on mental health issues currently prevalent in the community, or information about a local service in the area that might benefit you or your child.

Holiday Wellbeing

School holidays are just around the corner, so today's Wellbeing Wednesday will focus on the ways we can stay positive and healthy during the break. Restrictions may keep us from doing some of the things we love but there are lots of great ideas that can help keep kids happy, healthy and entertained. Writing a schedule is a terrific way to start the holidays and help you spread out the activities kids want to do. It's easier to say no to something when you know you are going to do it in a few days!

Get in the Kitchen

The 3/4 grades have been cooking on Fridays and the school holidays are an excellent chance for them to show you what they have learnt! That could be creating a veggie garden, putting together some healthy salads or meals, or deciding which foods at the supermarket are healthy for us. Kids of all ages benefit from time in the kitchen. Studies have shown that spending time in the kitchen learning cooking skills at an early age lead to better health outcomes as adults. The more skills you give them now the better habits they will build into their futures.

Get Active

Being active for at least an hour a day over the break will do wonders for the kids physical and mental health. For some kids that is easy, for others it may need a little more planning and prompting. Create a plan with your kids about what they enjoy that is active and when they would like to do it. Structure and choice will make it much easier to convince them to get moving! They could choose walking, jogging, yoga or Pilates (videos on YouTube for this), dancing, balls sports, swimming, gym routines (push ups, sit ups, etc) or any other movement. The effects of physical activity every day on our mental health is huge!

Sleep

Kids need lots of sleep. Anywhere between 9-11 hours for primary children is the daily recommended time to allow for healthy brains and bodies to grow and develop. Good sleep improves mood, concentration, resilience, emotional regulation, and overall health. Maintaining regular bed times is also recommended through the holidays. Kids thrive off routine and structure and holidays are no different. Including their bed times in the daily plans you make with them is an easy way to keep this routine going.

We hope you have an amazing holidays and stay warm through the cold days.

Happy Wednesday!

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