

# Eastlands Primary School

## May 2022 Bulletin 1—PE Health & Well-being

Here is some useful material to maintain good health over the coming months and some clarity of school practice.

Thank you for your continued support

### Hydration:

At Eastlands, we encourage every pupil to bring a water bottle to school to maintain their hydration levels.

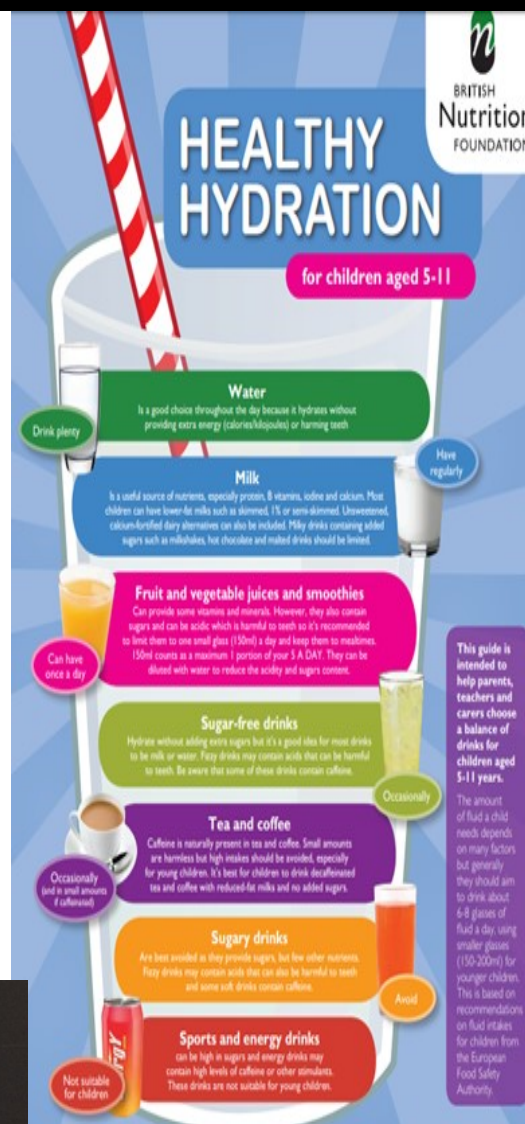
Why? Recent studies suggest that adequately hydrated children may perform better in school as they are able to maintain their focus and attention throughout the entirety of the school day.

### What should we drink?

As the infographic shows, the best liquid to be consumed regularly is water as it hydrates without providing extra energy (calories) or harming teeth.

As a result of this information, we insist that children arrive at school equipped with a water bottle that contains **WATER ONLY**.

Be a 'Hydration Hero'  
and make sure your  
bottle ONLY contains  
water.



# Eastlands Primary School

## PE Health & Well-being

### Healthy Snacks:



During break, we have a 'healthy snacking policy'. This requires pupils in years 3 –6 to bring a healthy snack to school to be consumed during break.

Fruit/ Veg is provided, under the Government scheme, for pupils in Reception and Years 1 & 2.

### Why?

Too much sugar can lead to harmful fat building up inside and serious health problems, including painful tooth decay. Therefore, fruit and vegetables are always the best choice for a break time snack

Fun Concerning fact: Half the sugar children are having comes from snacks and sugary drinks. On average, that's the equivalent to 2,500 sugar cubes a year!

### Daily Mile:

We are happy to announce that the Daily Mile will be returning to our lunchtimes. At the end of lunch each day, the pupils will participate in a Mile-long walk or run. This will be monitored by the Lunchtime Supervisors and the House Captains and is available for all ages to participate in (including the staff!!)

### Why?

Research has shown that participating in 'The Daily Mile' has huge health and educational benefits, including:

An increase in Fitness, stamina and energy levels.

An improvement in body composition – bone density, muscle strength, joints and cardiovascular health

Development in gross and fine motor skills, leading to better balance.

For more information —



**Safeguarding is Everybody's Responsibility**

Eastlands Primary School

Lansdowne Place, Rugby CV21 3RY Tel: 01788 57328

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## Exercise:

As a school, it is a requirement that we provide a curriculum that offers pupils with the opportunity to be physically active throughout the day. Each day, a pupil should be physically active for a minimum of 30 minutes a day.

But, what is actually recommended?

It is recommended by the Department of Health and Social Care that a child over the age of 5 should aim to be active for a minimum of 60 minutes per day (on average); whilst a child of age 5 or under should aim to be active for a minimum of 180 minutes (3 hours) a day. The images, provide suggestions about raising physical activity both inside and outside of school.

## Useful websites:

<https://www.nhs.uk/change4life>  
<https://www.bbc.co.uk/teach/supermovers>  
<https://www.gonoodle.com/>



**We all have the right to feel safe all the time.**

Eastlands Primary School Protective Behaviours Curriculum



## Eastlands Primary School

# Warwickshire School Health and Wellbeing Service

Your school nurse led service is friendly, confidential and free for all school aged children (aged 5 – 19 years\*) and their families. We can offer you and your child support on a wide range of health related issues such as:



### Child Development

e.g. bedwetting, sleep, diet

### Relationships

### Physical Health

### Healthy Eating & Lifestyle Choices

### Emotional & Mental Health

### Bullying

### Managing Medicines

### Childhood Immunisations

### Smoking

### Alcohol & Drugs

### Sexual Health

If your child has a learning need, disability or long term health condition (e.g. epilepsy, asthma, diabetes, allergies) we can help you get the right care and support.

**Friendly**

**Helpful**

**Safe**

\*up to 25 years for young people with special educational needs or disabilities.

For more information about this service please contact the team on:

03300 245 204 or

[warwickshireSH&WBSservice@compass-uk.org](mailto:warwickshireSH&WBSservice@compass-uk.org)

Compass



**We all have the right to feel safe all the time.**

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