



World's End Well-being

Welcome to the second World's End Well-being newsletter. Summer 1 issue May 2022

Meet the Team: We have a hard-working, dedicated pastoral team led by our SENCo Mrs Barlow.



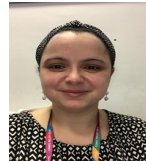
Mrs Barlow

SENCO Pastoral Lead



Mrs Taylor

Senior Learning Mentor



Mrs Wood

Assistant Learning Mentors



Mr Carey

This half-term's edition focuses on Healthy Eating

Food Groups for a Healthy Diet

The pie chart below shows the proportion of foods from each of the five food groups that we should aim to eat over the course of a week.

-  fruit and vegetables
-  carbohydrates
-  protein
-  dairy
-  fats and sugars



Healthy weight

National statistics show that many school-aged children are overweight and obese which may affect their health as children and adults. It can also affect their performance at school. This could be because of some of the social factors associated with obesity such as lack of confidence, stigmatisation, discrimination, poor mental health, disordered sleep, decreased time spent in physical activity and socialising, and absenteeism.

To help your child maintain a healthy weight try to encourage them to:

- eat a healthy, varied diet
- take plenty of physical activity. Children should be active for at least 60 minutes a day.
- limit the amount of foods, drinks and snacks high in fat and/or calories.

Eating and lifestyle habits are established early in life. Children are likely to adopt the same eating patterns as their parents, therefore it is important that the whole family adopts a healthy lifestyle. So set a good example by eating healthily and make time to eat together as often as possible. Encourage the whole family to do activities together. For example, go for a swim at your local swimming pool, kick a football around in the park or take a walk along a nearby walking trail or try and discover a variety walks in your area.

<https://www.nutrition.org.uk/life-stages/children/#healthydiet>

School food

Schools are encouraged to provide healthier foods throughout the day to promote a consistent message about healthy eating to children. This means meals and other foods served throughout the day should be nutritious and of good quality. Government regulations guide most schools to provide healthy and balanced meals and healthier snacks with a wider choice of options.

Miss Wiczerzyska is our Health for Life Co-ordinator. She organises and runs the annual skipathon; cookery after school clubs and gardening clubs; and other fun, active, community events. On top of that, pupils can earn dojo points for healthy eating if they bring in a piece of fruit for break every day. The points are accumulated and the class with the most points receives The Golden Pineapple trophy. At the end of the school year, the class with the most healthy eating dojos will earn a reward.



All pupils are able to bring a healthy snack, such as fruit, to eat at break time. Snacks are also available, from the canteen, for pupils to purchase.



Advice for parents

Here are 5 key ways you can help your child maintain a healthy weight:

- ⇒ be a **good role model**
- ⇒ encourage 60 minutes, and up to several hours, of **physical activity** a day
- ⇒ keep to **child-size portions**
- ⇒ eat **healthy meals**, drinks and snacks
- ⇒ **less screen time** and **more sleep**



1. Find some support

Speak to your child's school nurse, GP or practice nurse who will help support your family with diet and lifestyle changes if needed.



2. Make some healthier food swaps

There are lots of easy ways to cut back on sugar, salt and saturated fat – get started with our top tips and simple swaps.



3. Eat balanced meals

Find out what a healthy, balanced diet looks like.



4. Try some new recipes

Get inspiration to help your family eat well every day.



5. Get moving

Try boosting your family's activity levels in 10-minute bursts with NHS designed playalong games.



6. Less screen time, better sleep

Sitting around too much makes it more likely your child will put on weight, and can affect how well they sleep. Sleeping well helps kids develop, stay healthy and perform better at school.



Beezee Bodies run free, fun, family-focused courses to help you and your children make healthy habits for life! <https://beezeebodies.com/for-families/>

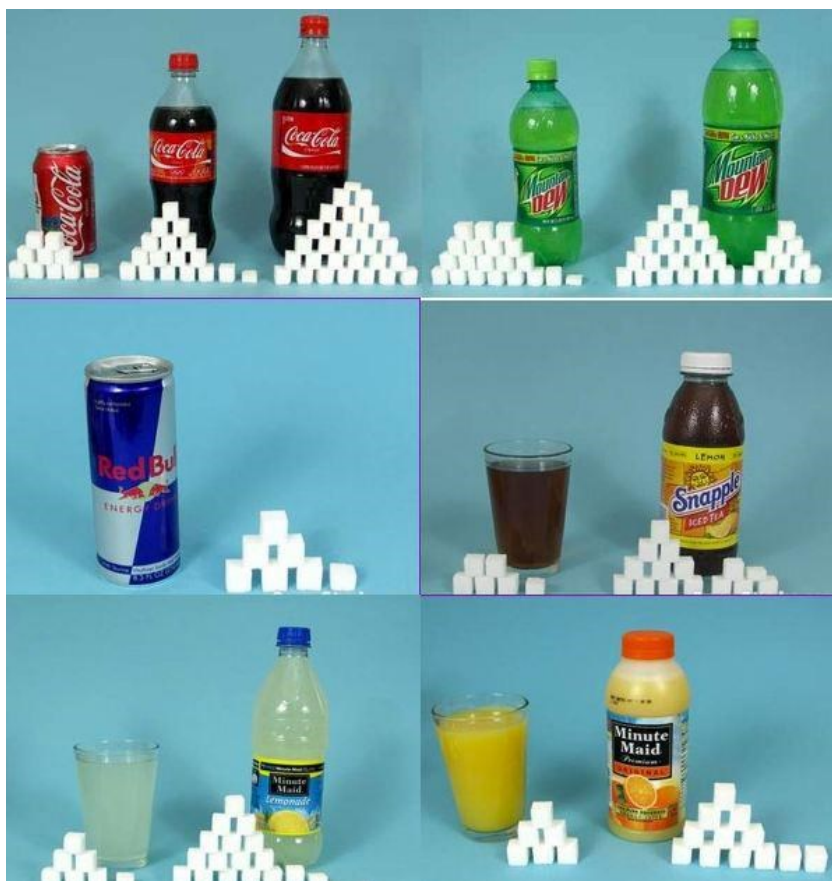
Healthy meal ideas can be found online.

<https://www.bbcgoodfood.com/recipes/collection/healthy-kids-recipes>





Don't forget to watch what you're drinking as well. A single high sugar drink, even a smoothie, can undo a lot of effort elsewhere in your day. Drink water, alongside sugar free drinks.



STOP. RETHINK YOUR DRINK. GO ON GREEN.

- Red - Drink Rarely, If At All**
 - Regular sodas
 - Energy or sports drinks
 - Fruit drinks
- Yellow - Drink Occasionally**
 - Diet soda
 - Low-calorie, low-sugar drinks
 - 100% juice
- Green - Drink Plenty**
 - Water
 - Seltzer water
 - Skim or 1% milk

DO NOT DRINK PUBLIC HEALTH

Further advice:

<https://www.nhs.uk/live-well/healthy-weight/childrens-weight/healthy-weight-children-advice-for-parents/>

<https://bwc.nhs.uk/healthyeating/>

Helpful Resources:

Service Name	Contact Details
Forward Thinking Birmingham	www.forwardthinkingbirmingham.org.uk 0300 300 0099
Pause Drop in Centre 21 Digbeth Birmingham B5 6BJ	Opening times are: Monday/Tuesday/Thursday/Friday 10am-6pm Wednesday 12pm-8pm Saturday/Sunday 11am-4pm
Young Minds	www.youngminds.org.uk
Child line	www.childline.org.uk 0800 1111 - 24 hour phone line
Mind	www.mind.org.uk
The Samaritans	116 123 - 24 hour phone line
Sane line	Mental Health Helpline - 6pm-11pm daily 0300 304 7000
The Children's Society	www.childrenssociety.org.uk
The Mix	www.themix.org.uk Free phone: 0808 808 4994 (13:00-23:00 daily)
Papyrus - Prevention of Young Suicide	www.papyrus-uk.org Confidential advice and support for young people who feel suicidal. <ul style="list-style-type: none"> o HOPELineUK: 0800 068 41 41 o Text: 07860 039 967
CALM (Campaign Against Living Miserably)	www.thecalmzone.net Offers support to young men in the UK who are down or in a crisis. <ul style="list-style-type: none"> o Helpline: 0800 58 58 58 (Daily 17:00-midnight)

Free Apps/websites	Details
Mindful Gnats	An app to help young people develop mindfulness and relaxation skills.
MoodGYM	MoodGYM is a free, fun, interactive program to help young people with low mood. Based on
	cognitive behaviour and interpersonal therapy, it consists of five modules, which help you to explore: <ul style="list-style-type: none"> - Why you feel the way you do - Changing the way you think - Knowing what makes you upset - Assertiveness and interpersonal skills training
Stop, Breathe, and Think	mobile app for youth, with meditations for mindfulness and compassion.
Calm	App with guided meditation and relaxation exercises.
Headspace	Meditation made simple. This app has a free introductory period, after which it requires a paid subscription to continue to use.