



Healthy Champions

Imagine Believe..... Achieve

March 2018 Update



HEALTH AND WELLBEING IN 2017/18 - OUR UPDATE

Meet the Team - Healthy Champions and Wellbeing Champions



We have some extremely enthusiastic Champions this year, representing their classes and the school, who are working very hard to promote the benefits of keeping healthy. Throughout the year, they have discussed how to motivate their peers into maintaining an active lifestyle, especially through marathon challenges, and keep an active mind surrounding positive approaches to everyday life. Throughout the summer term, the focus will be on broadening the activities children can experience during playtimes as well as looking at opportunities to extend links within the local community concerning good mental health and engaging in activities outside of school.



On Friday 16th March, children from across the school joined in a charity event to raise money for the Make a Wish Foundation. Every child joined Mrs Faridani, a parent from the school, in running around the school field as part of her preparations for running the London Marathon, taking place on Sunday 22nd April 2018.

We are delighted to inform you that the sum of £401.11 was raised by the school, which will form part of the monies raised by Mrs Faridani for this wonderful charity that grants wishes for terminally ill children.

Children and staff really got into the spirit of the event and took part with enthusiasm, which was wonderful to see.

Don't forget!

Children can still take part in the Morning Marathon Challenge every day, completing laps of the main playground to keep active and get their muscles **and brains** working ready for the day ahead. Children who complete a half marathon (140 laps) or full marathon (280 laps) will receive an achievement certificate and be mentioned in the Champions Newsletter.



HEALTHY MIND



Wellbeing Champions have been working in classes on mindfulness using the 'Paws B' approach. This encourages children to live in the present moment and not to worry about things that have happened in the past that they can't change. It also allows them to focus on knowing or recognising their current emotions and discussing strategies to deal with situations that may arise in the future. Wellbeing Champions are aiming to spread their positive approach in school, sharing messages with their peers and exchanging positive thoughts.

Across the school, each year group have been focusing on a PSHE question each week as part of the SMSC in class discussions, concentrating on issues such as, 'Friendships', 'Positive Play', 'Empathy' and 'Support'.

Over the past few weeks, children in Year 6 have been supported by Mrs Robinson from Relax Kids, sharing with them activities that will help them to relax in the lead up to SATs, building skills that they can use also in later life. This has been a very positive experience for all children. Relax Kids has also been offered as a club after school for groups of children, which has proven very popular across the school.



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HEALTHY BODY

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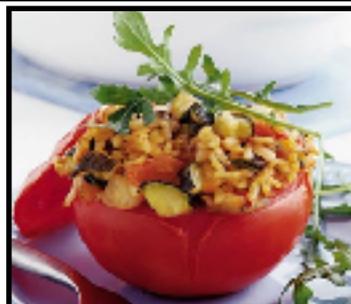
HEALTHY EATING

Why fruit and veg are great!

Fresh fruit and vegetables are always the best snack choice for children – they contain vitamins and minerals, are a good source of fibre and count towards their 5-A-Day. Plus, they're easy to eat on the go! Why not try these in your packed lunch? They are ideas that children suggested as part of a whole school competition last year.

Find out about more exciting ideas at:

<https://www.nhs.uk/change4life>



Fruit pots, pasta pots, vegetable sticks, stuffed tomatoes, filled pitta with salad (fruit/veg should be cut up to avoid choking).