

Welcome to Mission

Assembly



Health & Well-Being Week





Welcome



Morning Offering



Thank you Lord for this fine
day.

Health & Well-Being Week



Being healthy

Being healthy keeps us strong and prevents us from being ill.

There are two main things which are important for health: eating and drinking well and being active.

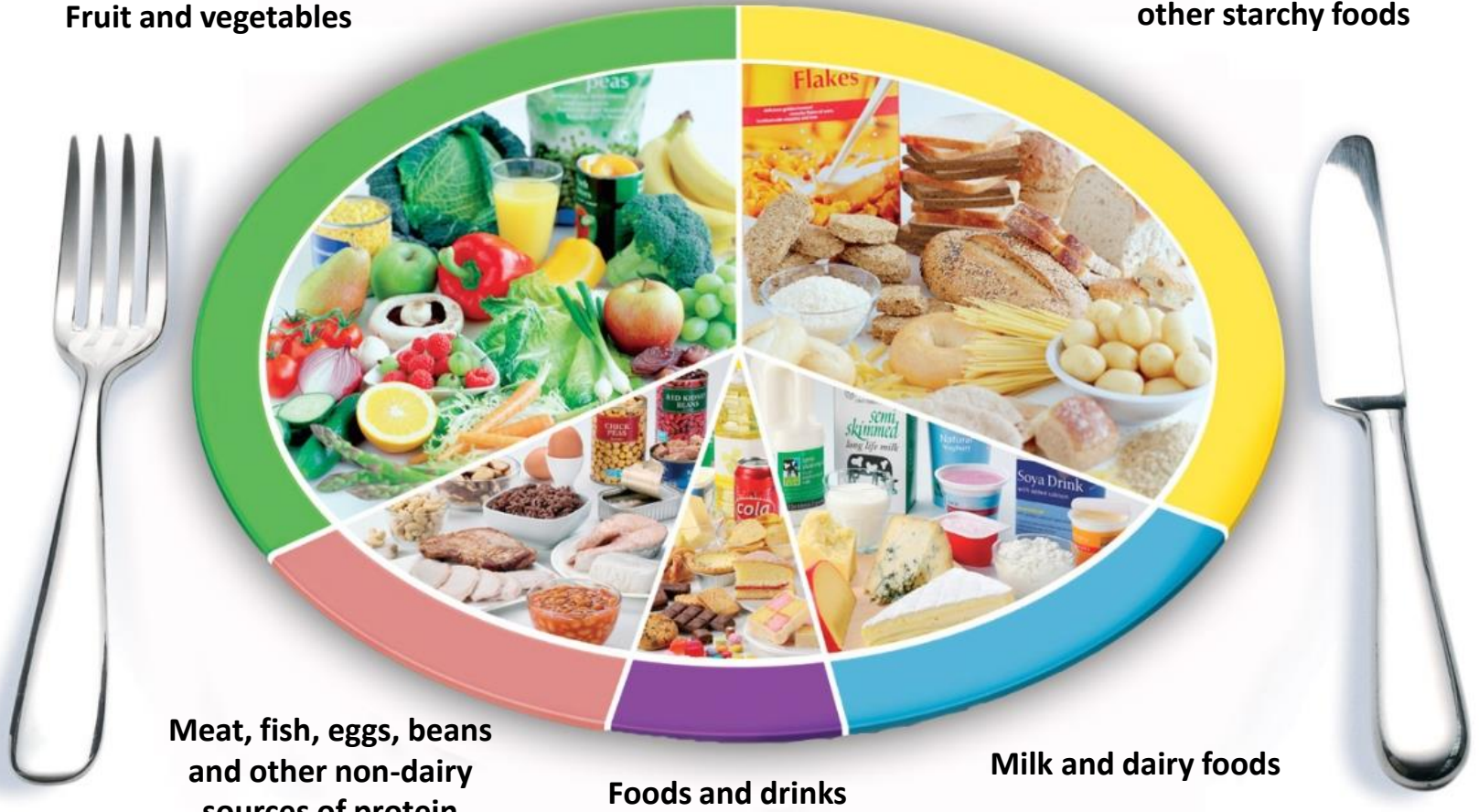
Do you eat and drink well? Are you active every day?



Eating well

Fruit and vegetables

Bread, rice, potatoes, pasta and other starchy foods



Meat, fish, eggs, beans and other non-dairy sources of protein

Foods and drinks high in fat and/or sugar

Milk and dairy foods

Eight tips for healthy eating

The government has produced some practical tips to help us make healthier choices. They are:

- 1) Base your meals on starchy foods
- 2) Eat lots of fruit and veg
- 3) Eat more fish
- 4) Cut down on saturated fat and sugar
- 5) Eat less salt
- 6) Get active
- 7) Don't get thirsty
- 8) Don't skip breakfast

Which is the odd one out?

A. Couscous

B. Peas

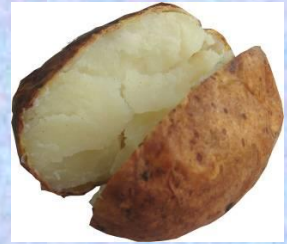
C. Rice

D. Bread

correct

Base your meals on starchy foods

Hands up if you include some of these foods at every meal: bread, rice, potatoes, pasta, breakfast cereals, noodles, cous cous, yam, cassava.



These are called starchy foods which provide energy, as well as dietary fibre, calcium, iron and B vitamins.



Eat lots of fruit and veg

Do you eat 5 a day?

Fruit and vegetables provide vitamins and minerals for the body to function properly.



fresh



frozen



dried



canned



**Juiced or
smoothies**

Eat more fish

Hands up if you include some fish every week.

Fish is a good source of protein and provides many vitamins and minerals. Oily fish contains long-chain omega-3 fatty acids which can help keep our hearts healthy.

We are recommended to eat at least two portions of fish a week, one of which should be an oily type.

What is a portion? 140g



Cut down on saturated fat and sugar

What are foods high in saturated fat?



What are foods high in sugar?



Eating too much saturated fat can increase blood cholesterol levels and the chance of developing heart disease.



Too many sugar-containing food and drinks consumed between meals is linked with an increased tendency towards tooth decay.



Eat less salt

Where is salt found?

How much should we eat each day?

- a) No more than 4 grams
- b) No more than 6 grams**
- c) No more than 8 grams

Adults and teenagers should eat no more than 6g of salt each day, and children under 11 years need even less.

Maintaining a normal blood pressure is important for health. Eating too much salt may raise blood pressure and lead to stroke and heart disease.



Get active!

Why is it important to be active?

How much activity should we do each day?

Children and young people are recommended to do at least **60 minutes** of moderate intensity exercise every day.

What do you do to be active?



How much of our body is made up from water?

A. $\frac{1}{4}$

B. $\frac{1}{5}$

C. $\frac{1}{3}$

D. $\frac{2}{3}$

correct

Don't get thirsty

How many of you had a drink this morning?

Our body is two-thirds water, so it is important to keep hydrated.

Everyone should drink around 6 to 8 glasses each day, more when the weather is hot or when you have been active.

Drink throughout the day and remember to include a drink at every meal.



Don't skip breakfast

Who had breakfast this morning?

Eating breakfast provides us with energy as well as some important nutrients that we need for good health. Breakfast can help to increase concentration and alertness during the morning.



Make a pledge!

Can you make a pledge? How?

I will...

- base my meals on starchy foods
- eat lots of fruit and veg
- eat more fish
- cut down on saturated fat and sugar
- eat less salt
- get active
- drink plenty
- not skip breakfast





What is Well-Being?





- **Feeling happy**
- **Feeling calm**
- **Feeling safe**
- **Feeling good about myself**





**Remember if you are worried, upset
or scared about something it is easy
to STOP it....**

**Start
Telling
Other
People**





- **Who can I talk to if I am worried about something.....**
 - ✓ **Parents**
 - ✓ **Teachers**
 - ✓ **Learning mentor**
 - ✓ **Friend**
 - ✓ **Lunchtime supervisor**



MAJOR ACHIEVEMENTS:

AMY SMITH – OLYMPIC SWIMMER



- 2006, 2010, 2014 Commonwealth Games: Women's 4 x 100m Freestyle relay silver medal.
- 2009 World Championships: Women's 4 x 100m Freestyle relay
- 2010 European Championships: Women's 4 x 100m Freestyle relay – silver medal; women's 4 x 100m medley relay – gold medal.
- 2012 Olympic Games: Women's 4 x 100 m Freestyle relay



	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Mission Assembly 10am – 11am – Smoothie Bikes Y4 11-12 - Smoothie Bikes Y5	10.30 – Go Commando Talk and fitness session – Y6	Y4&5 swimming – 10.30am Ask coaches if they can come 10-12 for Y1/2	11-12- Year 1/2 Zumba	Y4 Health Week assembly
PM	1.15-2.15 Smoothie Bikes – Y3 2.15-3.15 - Smoothie Bikes - Y6 Y4&5 swimming	Y4&5 swimming	1pm – 2.30pm – Sports for Schools sponsored fitness circuits 2.30 – Amy Smith Olympic swimmer assembly	Bleep test – 5/6 Y4&5 swimming	Bleep test ¾ Y4&5 swimming
After school	Fitness for Families with Mr Dingley		Y4&5 swimming Mary Morris – staff meeting. 'Well Being at Work!'		



Have a great Health & Well- Being Week!

