

Dear Parents/Carers

PSHE Activity Programme

Last week our focus was about 'Keeping Connected' and making sure that even though we are social distancing we take opportunities to keep in touch with our friends and family. This week our focus is on the theme of 'Body Scan'. In September we launched our 'Everybody's Talking About (ETA) initiative with our students. Our ETA's aimed to get us thinking about everyday things we could do to improve our physical and mental health. Here a few activities to remind us of our ETA's so far this year. It would be great if our ETA subjects got you talking but please remember that they don't all need to be completed and should fit in with you and your family.

WEEK FOUR **'Body Scan'**



Challenge One - Lets Keep Moving!

At the beginning of Term 5 the PE and Dance Faculty sent out a variety of activities to inspire our students to keep moving! From Just Dance to getting out for a run (if it is safe to do so).

The challenge is to see if every member of the family can complete at least 3 activities over the next week. You can work together to complete a Just Dance routine altogether or each member of the family can record a personal 'activity point' on their own!

Which family member can gain the most points! Happy moving!



Challenge Two – Personal Hygiene

Personal hygiene can sometimes be a tricky subject to talk about but it's something we all need to be aware of as it can alter how we feel about ourselves. Our normal 'hygiene' routines, brushing our teeth regularly, showering/bathing or even combing our hair for example, may have become less of a routine at the moment. The timings of our days might have changed now that we don't need to be in school for a certain time or in work and things may be forgotten.

*As a reminder, 'personal hygiene is the **collection of practices a person habitually performs to maintain good health**. Hygiene plays an important role in looking and feeling physically and emotionally well.'*

As a family, have a talk about how maintaining good personal hygiene can help with our confidence and self esteem.

Challenge Three – Hydration

Students learnt about the benefits of keeping hydrated back in September. Can they remember why it is important to keep hydrated during the day and how much they should be drinking? If they need a reminder; watch the video below.

<https://www.youtube.com/watch?v=gUMaLiXt220>

Attached is some pointers to remind them. Can the family focus on making sure they are drinking enough for a week and does it affect their mood and concentration levels in a positive way?



Challenge Four – Ready Steady Cook

The food we eat can affect our brain. Food can affect our moods, sleep and concentration. The following video explains this in more detail.

<https://www.youtube.com/watch?v=xyQY8a-ng6g>



Can our students plan a healthy meal that they can prepare and/or cook safely for you and your family? Students should ask for help if they need it. You could send a picture of you showing off your culinary skills to s.macnaughton@oldfieldschool.com and I'll pop it in the next newsletter!

Challenge Five – Mindfulness

Here is a quick activity that you can do everyday if you are feeling tense or stressed to refocus your mind and bring back some calm.



Activity

Tense your muscles and release them one at a time from top to toe.

Do this with your eyes closed or at least your eyelids lowered (looking down).

Has it helped you to refocus? Do you feel different after taking a bit of a breather?

Where can I find more information?

<https://headspace.org.au>

Headspace currently have some great resources and online tools to help us all cope with the changes to our lifestyles with Covid-19 .