

<p>Tuesday</p> <p>18th</p> <p>January</p>	<p>Can we remember the 5 key things to do that keep our minds and bodies healthy? (Connect /active /take notice/learning/giving and being kind)</p> <p>Staying active in the Winter may be trickier, why do you think this is? It is still important to keep fit. What sort of activities could we do in this colder weather?</p> <p><u>News</u></p> <p>Remember applications for Reading Ambassadors close this Friday 21st January 2022!</p> <p><u>Eco</u></p> <p>Article 24- The right to a clean and safe environment The Eco Committee would like to announce that our topics we will be looking at this year are: Litter, Waste and Marine. As a school we want us all to be planet protectors and look after Gods world. We can start by looking after our school environment. In February we will be focussing on the Litter Topic. Discussion in group (please can someone jot down ideas on scrap paper and pass on to your nearest Eco member):</p> <ol style="list-style-type: none">1.What is Litter?2.What does litter look like in our school and where do we find it?3.What can we do about the litter in school? <p>Teachers have been asked to appoint an Eco Monitor in each class that will look after the classroom environment. The role includes:</p> <ul style="list-style-type: none">• switching lights off when the room is empty• switching off ICT when not in use• looking out for litter• making sure paper is not being wasted• recycling• not wasting resources• encouraging others to look after the classroom environment <p>Please let your teacher know if you are interested in the job!</p>
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Rights and Respecting School

St Paul's taking part in the Outright Campaign. Can you remember what this is for?

Mental health and children's rights (Recap- Mental health refers to how we think, feel and behave, **this changes** and that is okay).

Show this clip again if needed:

<https://www.youtube.com/watch?v=TQF6DOSQbkA&t=10s>

Questions to get thinking about mental health:

How does a body in good health feel?

Happy, energetic, resilient, motivated etc

How does your body feel when you aren't healthy?

Sluggish, tired, fed up, no motivation, low energy etc

Let's think about mental health now!

What might a healthy child think?

I am proud of myself, I have lots of friends, I like going to school etc

What might a healthy child be feeling?

Good mental health does not mean always being happy. Feeling excessively sad or worried for long periods isn't healthy, but someone feeling these emotions can still be healthy. (What emotions or feelings might make a child feel unhealthy?)

All the parts of our body are connected.

Examples:

- If we feel very worried for a long time, we may get a bad tummy ache
- If your brain feels very anxious, you may not be able to sleep
- If you have a broken leg and can't play or walk for a long time, you may feel frustrated

Good health is good physical health AND good mental health. They are both very important!

Thank you everyone!