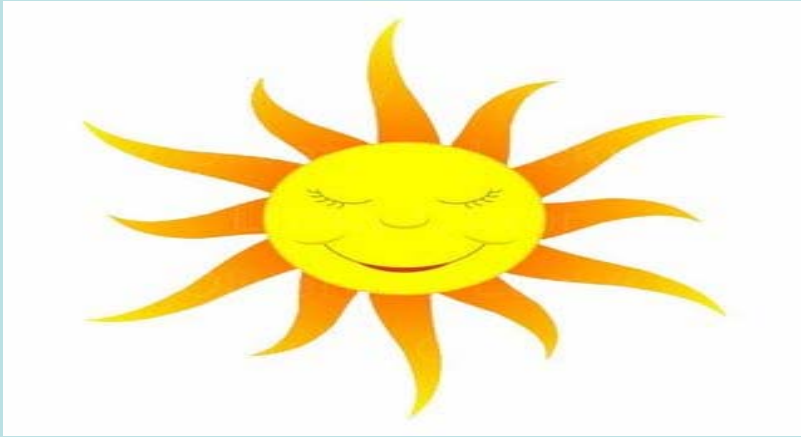


Developing the climate for achievement



Nutritious & Delicious

For a tree to grow into a healthy tree it
needs sun and water



Without the right
nutrition the tree will not
flourish



Developing the climate for achievement for your child

NUTRITION



PHYSICAL ACTIVITY



MENTAL HEALTH



The balance of good health

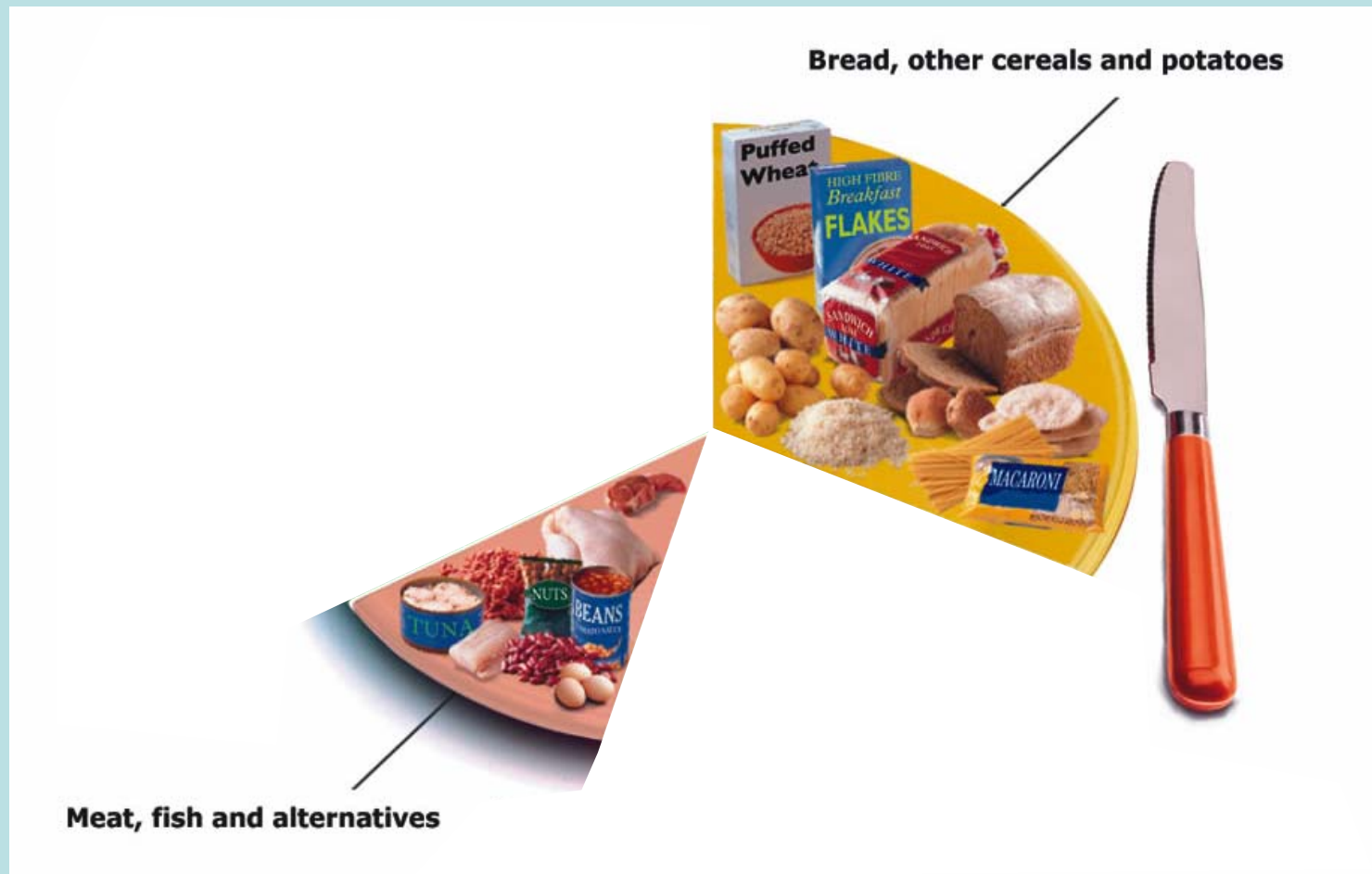


There are five main groups of valuable food

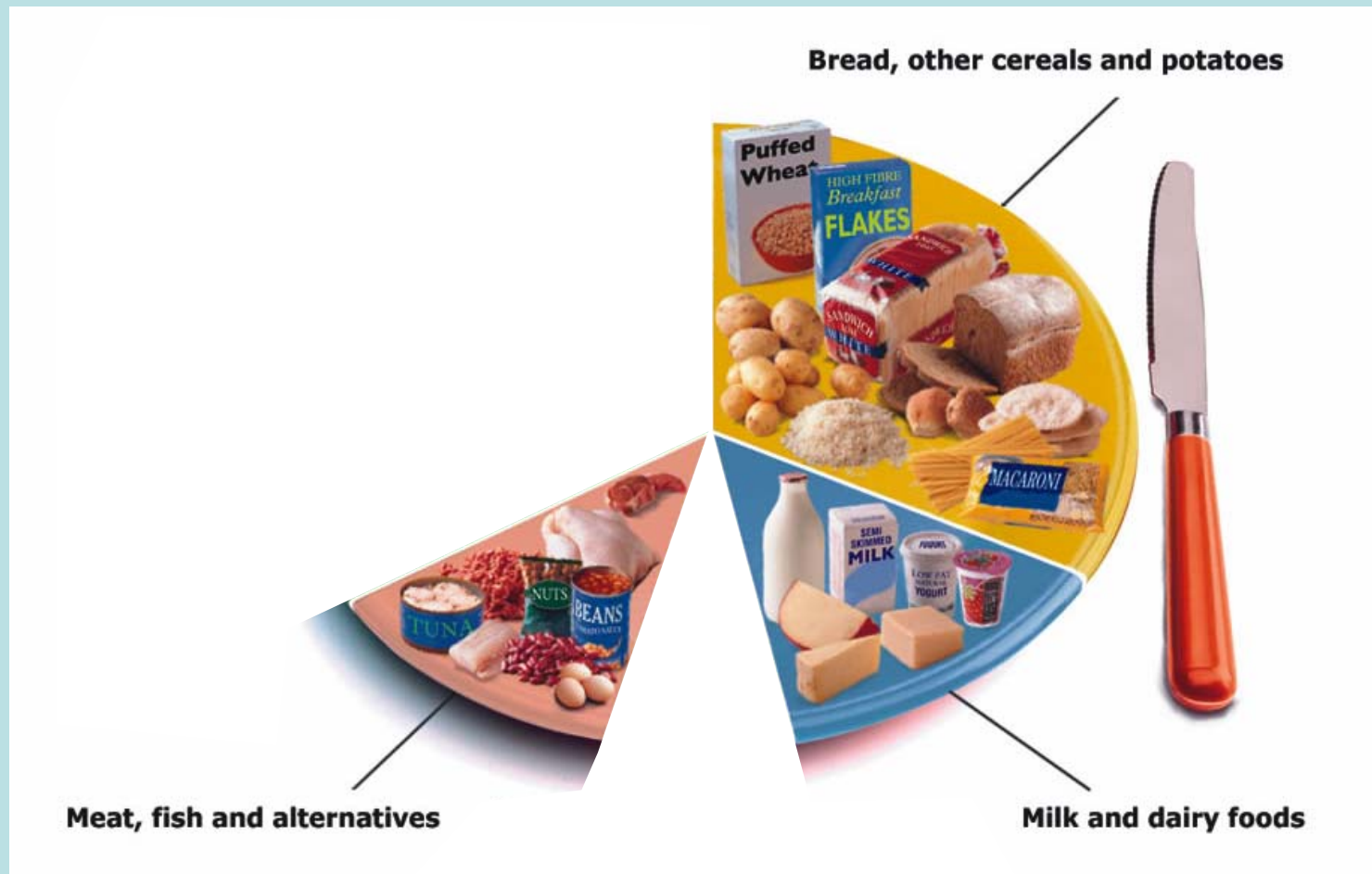
Bread, other cereals and potatoes



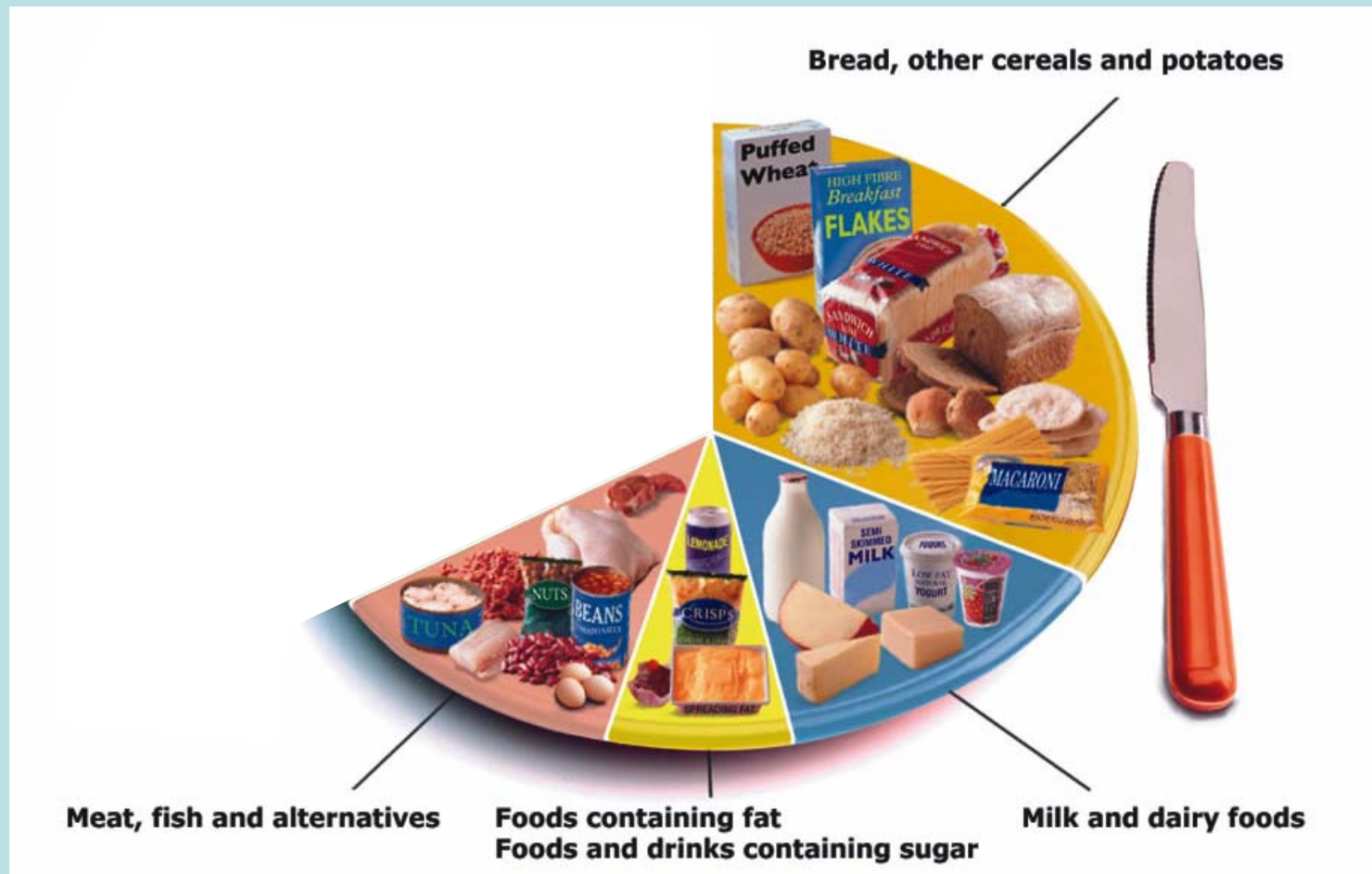
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There are five main groups of valuable food

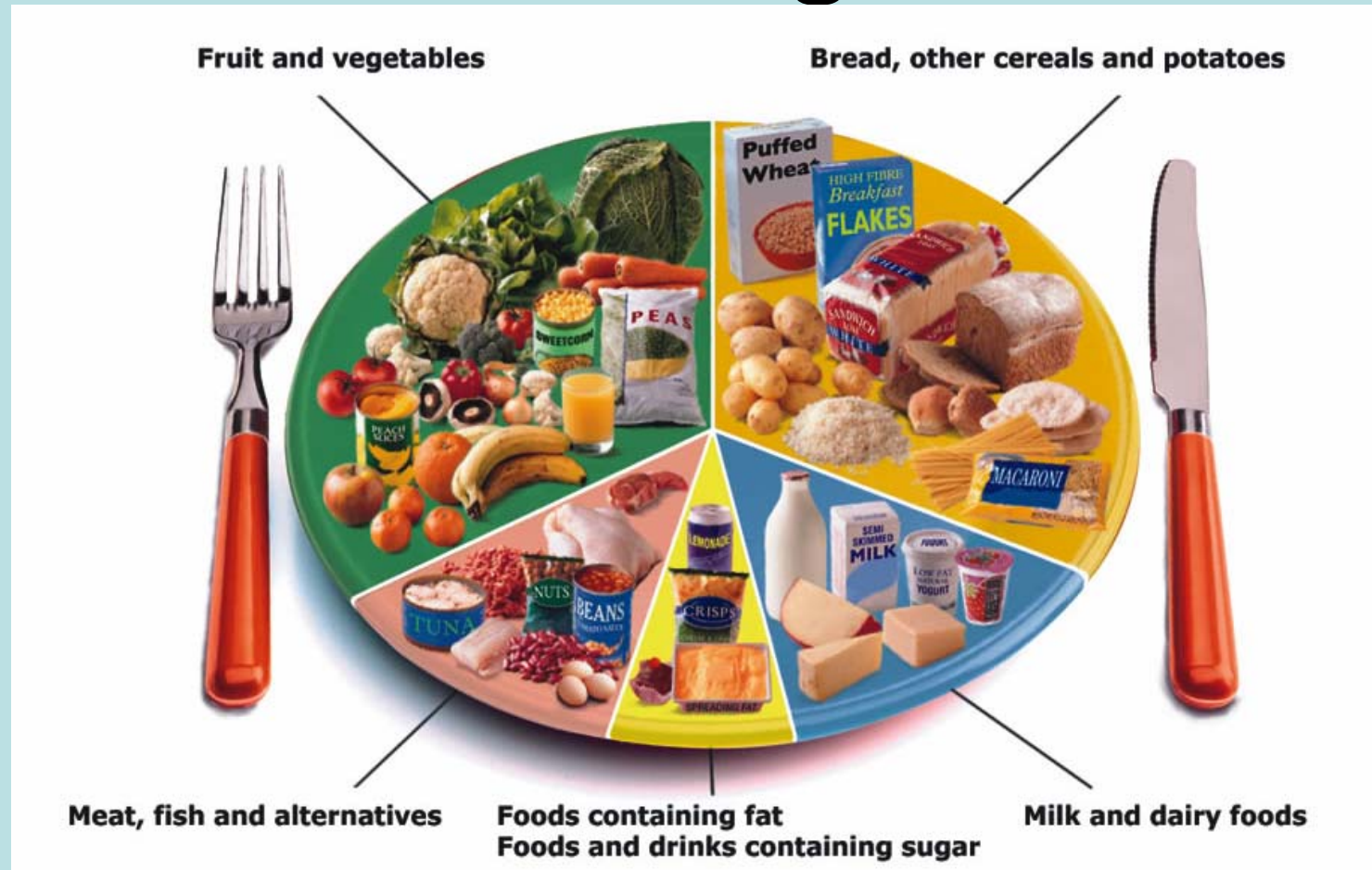


There are five main groups of valuable food



There are five main groups of valuable food

The balance of good health



There are five main groups of valuable food

POOR DIET/NUTRITION

Shorter attention span

Irritability

Tiredness

Difficulty in concentration

Much lower test results in



Vocabulary



Reading



Comprehension



Maths



General knowledge

Good nutrition begins with breakfast!

Skipping breakfast leads to:-

Paying less attention in late morning

Apathetic / lethargic (i.e. don't care)

Sleepiness

Indecisiveness

Headaches

Missing breakfast has a negative effect on achievement
even among healthy well nourished children

PHYSICAL ACTIVITY

In a 2002 US study of students' academic performance, those who were physically fit outstripped their peers by **50%**

“Students who engaged in vigorous physical activity had higher grades than those with moderate or no activity”

PHYSICAL ACTIVITY

GOAL - 1 hour of moderate to vigorous physical activity per day

Walking
Cycling
Running
Swimming
Even Housework!
Community activities



WHY EXERCISE

Increases the flow of blood to the brain and stimulates brain activity

- More alert
- More energy
- Increased concentration
- Lifts the mood – less stress / tension
- Less disruptive behaviour
- Increased mental function
- More focus



Parents as role models



MENTAL HEALTH OR EMOTIONAL WELLBEING

EXTERNAL FACTORS

CHAOS

STRESS

CONFLICT

NOWHERE TO TURN

INTERNAL FACTORS

INSECURITY

SELF IMAGE

LACK OF CONFIDENCE

FEAR



OTHER EXTERNAL INFLUENCES



An ordered environment will help your child be organised and meet deadlines



How parents can help

Acknowledge importance

Observe

Maintain a relationship

Acknowledge achievements

Positive role models

Set boundaries

Monitor time on computer etc

Help with organisation

Monitor friendships

Promote individuality

Watch out for

Withdrawing

Irritable or mood swings

Weepy

Attitude change

Drop in school performance

Missing school

Inappropriate dress/make up

Friendship changes