

MENTAL
HEALTH

IS JUST AS IMPORTANT AS

PHYSICAL
HEALTH

PSHCE Bulletin

Maintaining Healthy Habits

Welcome to your PSHCE Bulletin, Monday 6th April, 2020.

I hope that you have settled in to a new routine and are looking after yourself. It can be hard to focus on your health when you are stuck inside. We looked at staying motivated last week and hopefully that will help you with this week's theme - [Maintaining Healthy Habits](#).

Healthy habits are things that keep you physically, mentally and emotionally healthy. Cooking good food and exercising each day are just some of the things that can help you to maintain physical and mental health. But things like limiting screen time, getting good sleep and showering each day are also things that can help maintain your overall fitness.

The benefits of healthy habits are many; Control weight, Improve mood, Combat diseases, Boosts energy, Improves longevity, Provide focus, Sense of achievement, and Positive mental and physical health

This week, pick 2-3 healthy habits which you are going to stick to for the next 7 days e.g. drinking 2L of water everyday or keeping a reflective journal for the week. Monitor your progress to see how you feel and how well you achieve your goal.

And for physical fitness, have you tried Joe Wicks? Just search for him on YouTube and join in the daily workout. Or look at different apps for fitness or yoga like the Johnson & Johnson Official 7 Minute Workout or Daily Yoga, as well as YouTube channels such as those below.

Be well. Stay healthy.

Useful Links and Contacts

Joe Wicks Daily Workout - <https://www.youtube.com/channel/UCAxW1XTOiEjoOTYIRfn6rYQ>.

Yoga with Adriene - <https://www.youtube.com/watch?v=OeJoUIBhLkE&t=167s>

If you need some straightforward information about coronavirus - <https://www.youtube.com/watch?v=iMR3WPCRuAI&feature=youtu.be>

Childline - www.childline.org.uk Phone: 0800 1111

Young Minds - www.youngminds.org.uk

Samaritans - www.samaritans.org Phone: 116 123

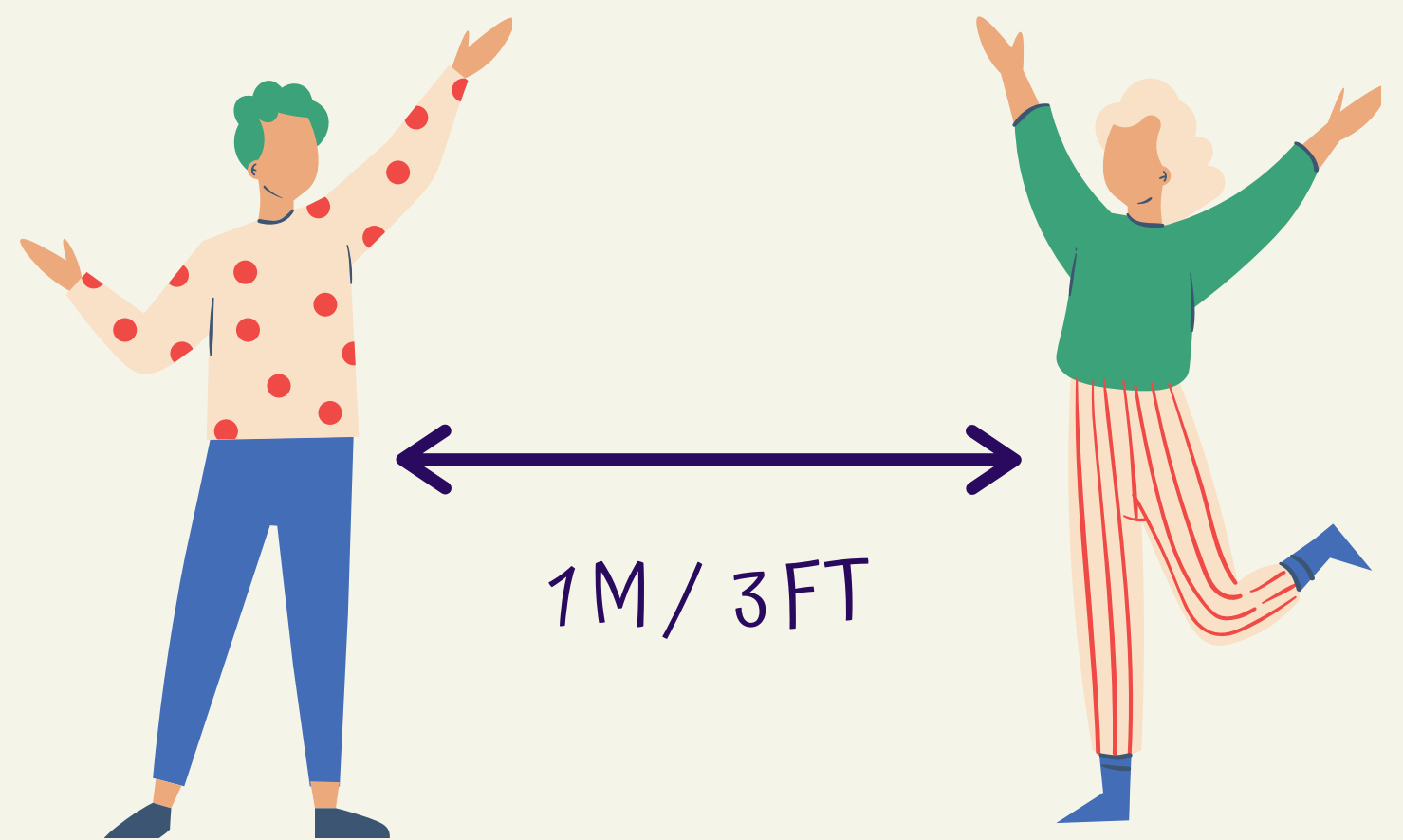
Remember too that there are a huge range of links to different well-being resources on the school website at <https://www.thomastallisschool.com/schoolclosureresources.html>

STOP THE SPREAD



WASH YOUR HANDS FREQUENTLY

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.



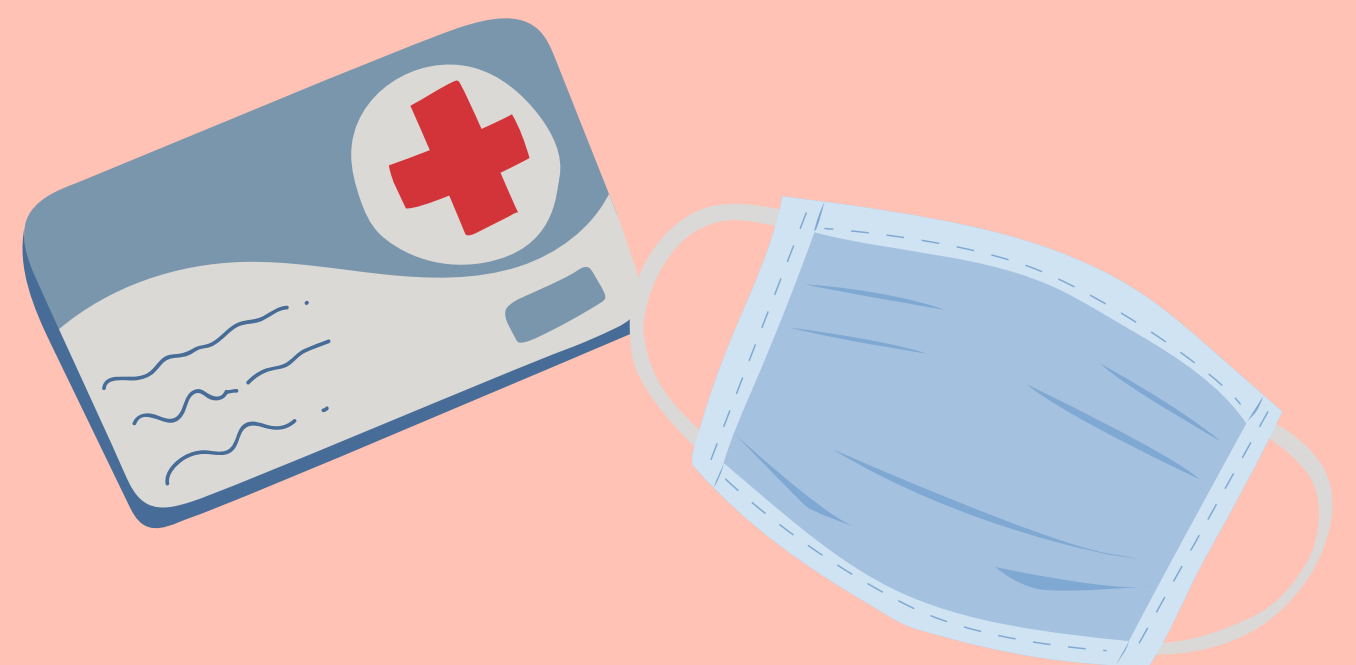
MAINTAIN PHYSICAL DISTANCING

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.



AVOID TOUCHING EYES, NOSE AND MOUTH

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth.



IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance.