

Eat Healthy!

Think Healthy!

Live Healthy!

Be Well Month

October 2014



Be Well Month
October

- Week 1 – Healthy Body
- Week 2 – Healthy Eating
- Week 3 – Healthy Mind

Week 1- 6th-10th October

Healthy Body Week

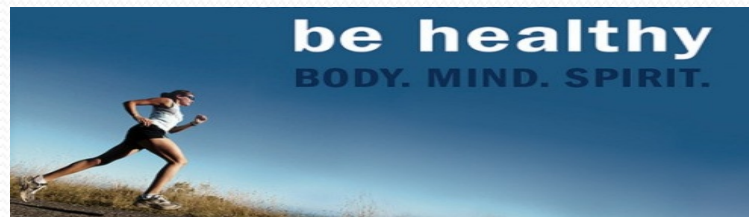
- Wear tracksuit to school everyday
- Walk to School Day –Wednesday, 8th October
- Active Homework every night
- Fun P.E. lessons-indoors or outdoors
- Music Outside during breaks
- Zumba Day



Week 2 – 13th-17th October

Healthy Eating Week

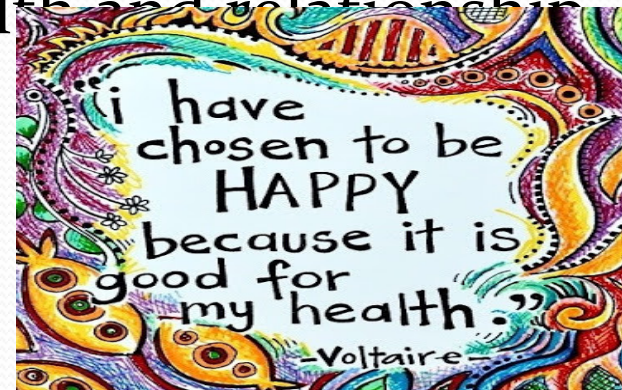
- Focus on healthy lunches
- Fruit Friday
- Trash-free Tuesday
- Talks by nutritionist for Senior Classes
- Art Lessons based on fruit and veg e.g. printing, still-life
- Maths Lessons based on graphs of favourite fruit and veg.



Week 3- 20th-24th of October

Healthy Mind Week

- Focus on social skills- greeting, saying goodbye, smiling, complimenting.
- End of day routine- tell partner /parent 2 things that made you happy today
- Mindfulness, Trips to quiet room, meditation, yoga etc
- SPHE lessons on emotional health and relationship skills
- Be Well workshops for 6th and Student Council



What can you do?

- Contact neighbours to lead a walking group to school
- Support Active Homework – make a special effort to do things together e.g. walk, cycle, swim, sweep up leaves!
- Promote the Be Well Month with your family, neighbours and friends.
- Model a positive attitude – create time to talk, relax, laugh.
- Check websites e.g. www.gonoodle.com or www.getirelandactive.com or Parents Facebook P



Be Well Options Chosen by Classes

Be Well Options Chosen by Class								
	Junior Infants	Senior Infants	1st Class	2nd Class	3rd Class	4th Class	5th Class	6th Class
Week 1	Nature walk	Nature walk	Skipping	Active songs	" Happy" Flash mob in yard	Drop everything and Stretch	Drop everything and march/ dance	Bray Head Walk
Oct 6th-10th	"Bizzy Break" Activities	Playground Games	Nature Walk	Movement to music				
Healthy Body	Drop everything and march		Playground Games	Nature Walk	Movement to music	Nature Walk	Skipathon	Skipathon
	Zumba			P.E. Circuits				
	Meditation from gonoodle.com	Skipathon		Playground Games	Playground Games	"Bizzy Break" Activities	Outdoor Maths Trail	Boot camp
Week 2 Oct 13th-17th	Graphs for favourite fruit	Fruit and Veg. Tasting	Healthy Lunches Survey	Topmarks.co.uk Healthy Lunches Lesson Fruit Tasting Fruit Fractions	Fruit and Veg. Tasting	Fruit and Veg. Tasting	Graphs for favourite fruit	Still Life Art

Be Well:

THINK POSITIVELY
EXERCISE DAILY
EAT HEALTHY
WORK HARD
STAY STRONG
WORRY LESS
DANCE MORE
LOVE OFTEN
BE HAPPY

The Diet P.I.
CLUES FOR REAL EATING
www.heatherkjones.com