



Alfred Lord Tennyson School

May 2024

Head Teacher: Mrs. K O'Connor

Wellbeing at ALTS

Welcome to our Summer 1 Wellbeing Newsletter

alts.northants.sch.uk

Welcome to our 'Wellbeing at ALTS' newsletter. Each term, we aim to share with you services, support and practical advice that you can use to support your child's positive wellbeing. This term's edition is focused on sharing information about keeping active and healthy eating as part of looking after our mental health and wellbeing. We hope that you find the information in this newsletter helpful.

In a few weeks time, we will be taking part in 'Healthy Eating week' run by the British Nutrition Foundation —please look out for information about this shared via our Facebook page/Parent App.

In school, we continue to focus upon positive mental health within our curriculum and our 'Wellbeing Pupil Ambassadors' for this academic year also support with this.

We are also pleased with the continued support we have from MHST (Mental Health Support Team.) They hold parent workshops at various points through the year on a range of topics you might find useful. Look out for information about these shared via our Parent app.

FIND US ON
FACEBOOK!



Wellbeing
Ambassadors

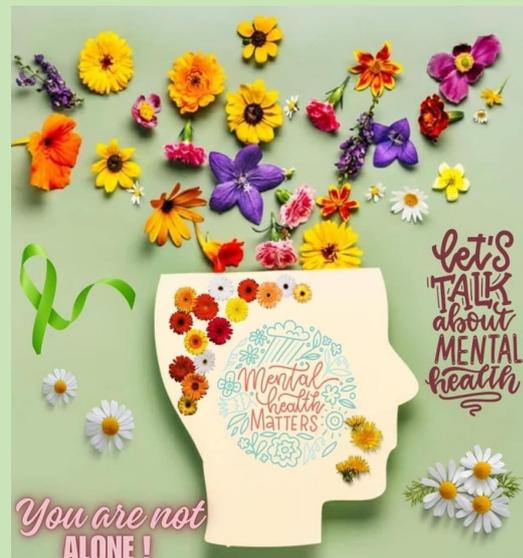


Khaynna, Megan, Viky, Caillyn and Tyreece

Mental Health Awareness Week 13th—19th May 2024

Movement: Moving more for our mental health is the theme of Mental Health Awareness Week 2024

The following information is from:- [Mental Health Awareness Week | Mental Health Foundation](#)



Why movement?

One of the most important things we can do to help protect our mental health is regular movement.

Our bodies and our minds are connected, so looking after ourselves physically also helps us prevent problems with our mental health. Exercise releases “feel good” hormones, that reduce feelings of stress and anger. It also helps us feel better about our bodies. It can improve our sleep too. If it involves other people, like being part of a team, a class or group we see regularly, that can also boost our mental health.

Despite these benefits, so many of us struggle to move enough. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines.

Our Mental Health Awareness Week campaign is not an 'exercise' campaign. Please always consult a healthcare or fitness professional if embarking on a new fitness regime. '

On the following pages you will find some ideas and links re different ways to be active.

Ways to move at home

Mental
Health
UK

Being physically active is great for our bodies and our minds. Exercise has been proven to reduce anxiety and depression, and it can help us to prevent physical illnesses.

Despite the evidence that keeping physically active can promote good mental health, we know there are barriers preventing us doing so, like accessibility, time, money, body image, lack of open space, or the negative connotations we might associate with 'exercise' itself. That's why we're encouraging you to 'move your way' by choosing an activity that suits you.

There are so many ways we can incorporate movement into our daily lives, especially at home.



Want to learn more about the benefits of movement for your mental health? Scan the QR code or head to [mentalhealth-uk.org/movement](https://www.mentalhealth-uk.org/movement)

Why not...

- Take a longer, more scenic route next time you are walking to the shops
- Take a 'movement-break' during TV adverts by doing some stretches, some chair yoga or moving about the house.
- Play your favourite music next time you're doing household chores like vacuuming or washing up
- Make the most of your garden if you have one and get outdoors in the warmer weather
- If you're a parent of a younger child, think of games you could play, such as hide-and-seek, or run an arts and crafts evening
- Start each day with a walk around the block before you progress with your day.

The possibilities are endless when it comes to finding a movement that works for you. Found a creative movement? Post it on social media and tag us!

Ways to move at work

Mental
Health
UK

Being physically active is great for our bodies and our minds. Exercise has been proven to reduce anxiety and depression, and it can help us to prevent physical illnesses.

Despite the evidence, we know there are barriers preventing us getting active, like accessibility, time, money, body image, lack of open space, or the negative connotations we might associate with 'exercise' itself. That's why we're encouraging you to 'move your way' by choosing an activity that suits you.

There are so many ways we can incorporate movement into our daily lives, even in the workplace.



Want to learn more about the benefits of movement for your mental health? Scan the QR code or head to mentalhealth-uk.org/movement

Why not...

- Walk or cycle to work instead of taking the car
- Make your next meeting a walking meeting to promote getting out and moving
- Get outside and active on your lunchbreak
- Start an after work or lunchtime social sports group
- If you work from a desk, try using a standing desk if possible
- Incorporate multiple stretching breaks into your day.

These are only a handful of suggestions, but the possibilities are endless when it comes to finding a movement that works for you. Chat to your line manager or relevant team about unique ways you can get people moving in your workplace. Found a creative movement? Post it on social media and tag us!



PHYSICAL ACTIVITY SUPPORT



NHS

Exercise guidelines and workouts



Mind

Physical activity and mental health



Youth Sports Trust

Physical activity opportunities



North Northants Leisure

Locations, activities, schemes & passes



Healthy Schools
North Northamptonshire



Healthy Eating

We will be also be taking part in healthy eating week in June. We know that children can find trying new foods tricky. Here are a few tips from www.schoolhealth.co.uk.

School Health UK

THE EATWELL GUIDE SHOWS HOW A HEALTHY AND BALANCED DIET LOOKS

A HEALTHY LUNCH BOX SHOULD:

- BE VARIED AND CONSIDER THE EAT WELL GUIDE
- NOT CONTAIN ANY CHOCOLATE, SWEETS OR OTHER CONFECTIONERY, INCLUDING CEREAL BARS AND PROCESSED FRUIT BARS.
- BE PACKED BY PARENTS AND CHILDREN. THEY ARE MORE LIKELY TO ENJOY IF THEY HELPED MAKE IT



KEY LUNCH BOX COMPONENTS

- 🍎 SOURCES OF PROTEIN
- 🍏 CARBOHYDRATES
- 🍎 DAIRY & ALTERNATIVES
- 🍏 FRUIT & VEGETABLES
- 🍎 DRINKS

Find out more!

TRY HAVING A SCHOOL LUNCH AT LEAST ONCE A WEEK TO ADD VARIETY

ONLY 1.6% OF PACKED LUNCHES MEET NUTRITIONAL STANDARDS AND ONLY ONE IN FIVE CONTAINS ANY VEGETABLES

School Health UK
www.schoolhealthuk.co.uk
03445 070 164

School Health UK

PROTEIN

PROTEIN IS IMPORTANT FOR YOUR LITTLE ONE'S GROWTH, HELPING WITH MAINTENANCE AND REPAIR OF THE BODY. OPT FOR LEANER MEATS AND LIMIT BATTERED AND FRIED OPTIONS.

MAKE SURE TO PROVIDE FISH TWICE A WEEK, WITH OILY FISH AT LEAST ONCE FOR HEALTHY OMEGA-3 ACIDS.

DON'T FORGET PROTEIN SOURCES ALSO INCLUDE: BEANS, LENTILS, CHICKPEAS, EGGS, TOFU AND QUORN.

FRUIT & VEG

MAKE SURE TO INCLUDE AT LEAST ONE PORTION OF FRUIT AND ONE PORTION OF VEGETABLES OR SALAD FOR LUNCH. THESE CAN BE FRESH, FROZEN OR TINNED, WHICH ALL CONTAIN THE NECESSARY NUTRIENTS AND VITAMINS.

REMEMBER TO PROVIDE AT LEAST FIVE PORTIONS OF FRUIT AND VEGETABLES ACROSS THE DAY, AND KEEP THEM VARIED.

DAIRY & ALTERNATIVES

DAIRY PROVIDES CALCIUM, ESSENTIAL VITAMINS AND ADDED PROTEIN, WHICH ARE IMPORTANT FOR GROWING STRONG BONES AND TEETH.

TOFU, DARK LEAFY GREENS AND MILK ALTERNATIVES ALSO PROVIDE THESE.

CARBOHYDRATES

STARCHY CARBOHYDRATES ARE IMPORTANT AS YOUR CHILD'S MAIN ENERGY SOURCE. EXAMPLES INCLUDE BREAD, PASTA, RICE, POTATOES, AND COUS COUS.

DRINKS

WATER MAKES UP OVER HALF OF YOUR CHILD'S BODY WEIGHT AND IS ESSENTIAL FOR ALL BODILY FUNCTIONS

IT IS IMPORTANT TO DRINK LOTS OF WATER AND AVOID SUGARY AND FIZZY DRINKS.

AIM FOR 6-8 GLASSES OF FLUID PER DAY.

Look out for our next edition which will be about 'Transitions'. In the meantime see Place2be's parenting page—full of tips about different situations. <https://parentingsmart.place2be.org.uk/>