

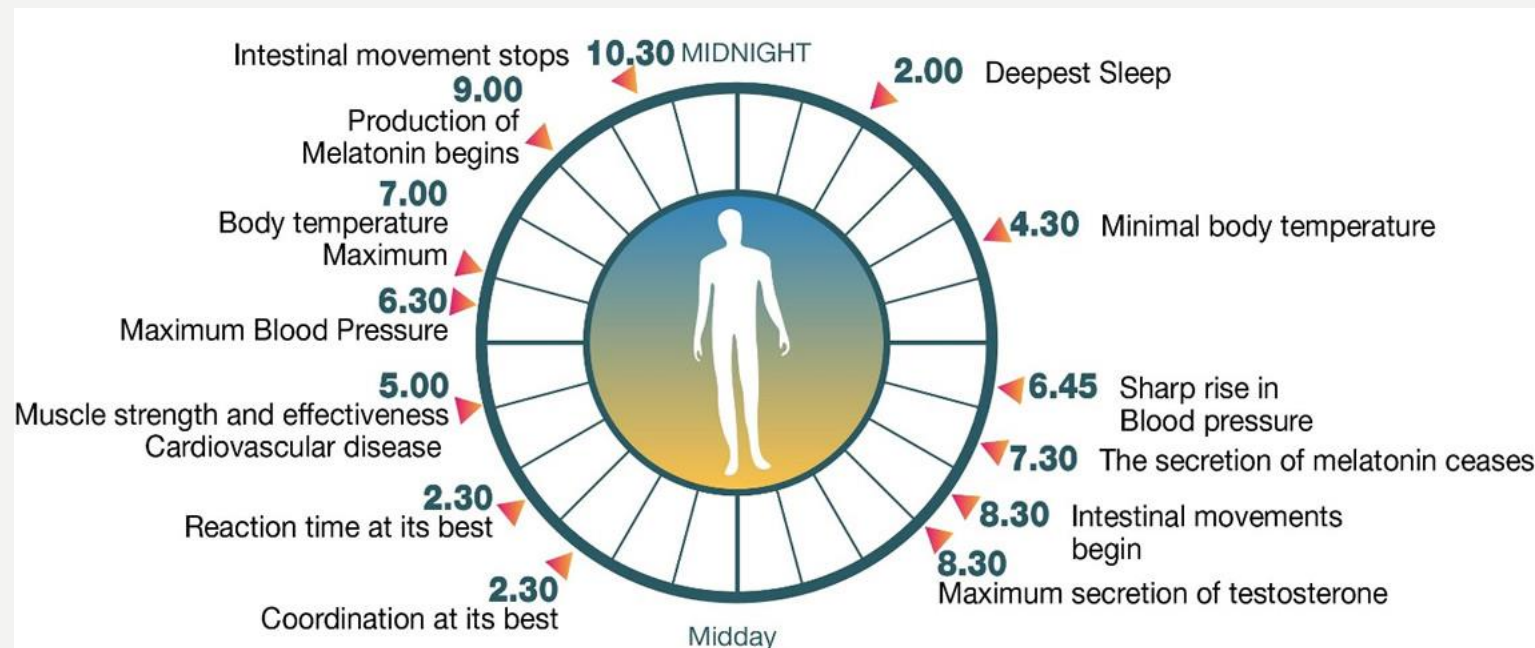


**FAMILY
LEARNING
WORKSHOP
HEALTH AND
WELLBEING
(PHYSICAL)**



SLEEP

- Teenagers need more sleep than adults, because of their biological rhythms, they naturally like to go to sleep later and get up later. So they are not always being lazy when they want a lie in at the weekend.



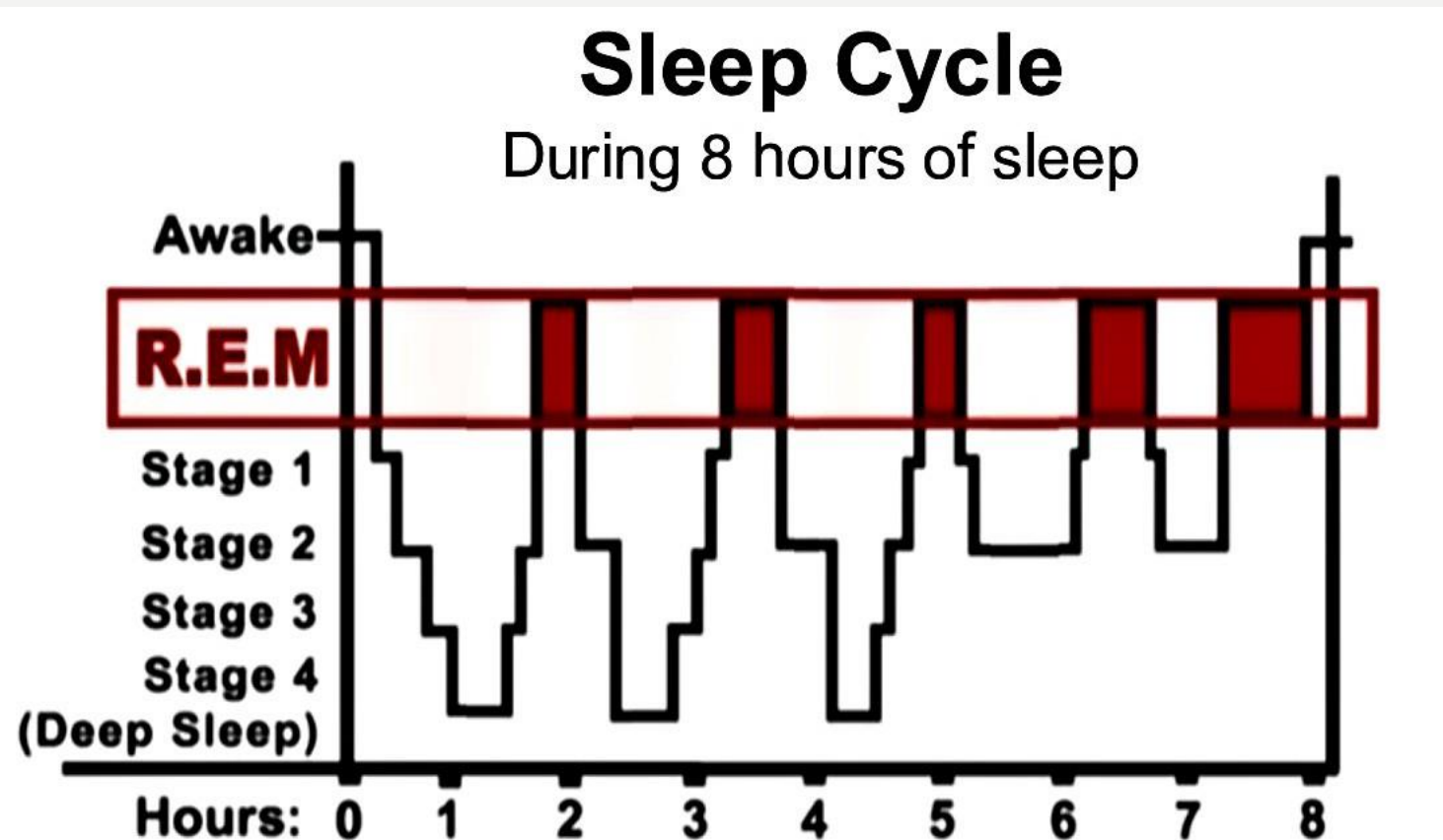
SLEEP

- It is recommended that teenagers need 8-10 hours of sleep a night. Don't be alarmed, it is reported only 15% of teenagers get the recommended amount.



WHEN TO FALL ASLEEP

People are at their freshest when they wake up at the end of a sleep cycle. A sleep cycle will last 90 minutes, which means ...



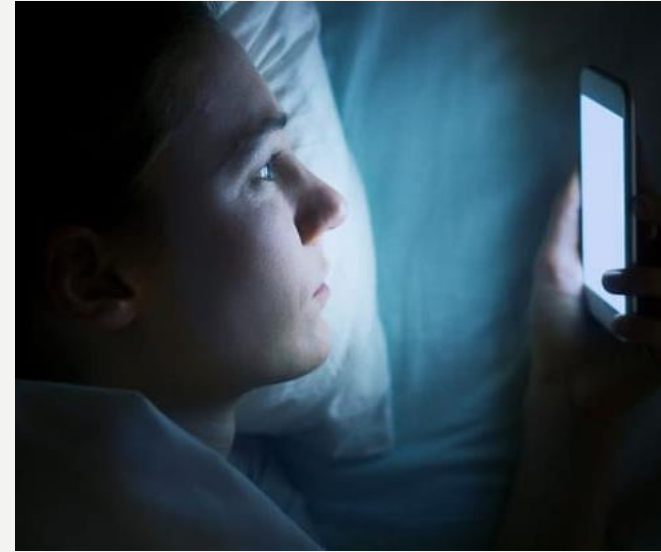
WHEN TO FALL ASLEEP

If 9 hours of sleep is required for sleep and you want your child to get up at 8am, work back 90 minute blocks.



SLEEP TIPS

- Stay off electronic devices close to sleep or make sure they are on a night safe mode.
- The blue light emitted from the screen will trick the brain into stopping the release of the sleep hormone melatonin and delay sleep.



Apps like 'flux' for computers take the blue light out the screen to stop its negative effects.

SLEEP TIPS

- Have a regular wake and bed time – this allows the internal body clock to get into a pattern.



SLEEP TIPS

Avoid caffeine after 6pm. Caffeine stays in the system for up to 6 hours and keeps you awake.



SLEEP TIPS

Avoid eating close to bed time – up to two hours before and avoid sugary snacks close to bed time.



SLEEP TIPS

Avoid napping during the day and if they are, make them no longer than 40 mins otherwise you go into your sleep cycle which makes you wake up groggy and disrupts your night time sleeping.



SLEEP TIPS

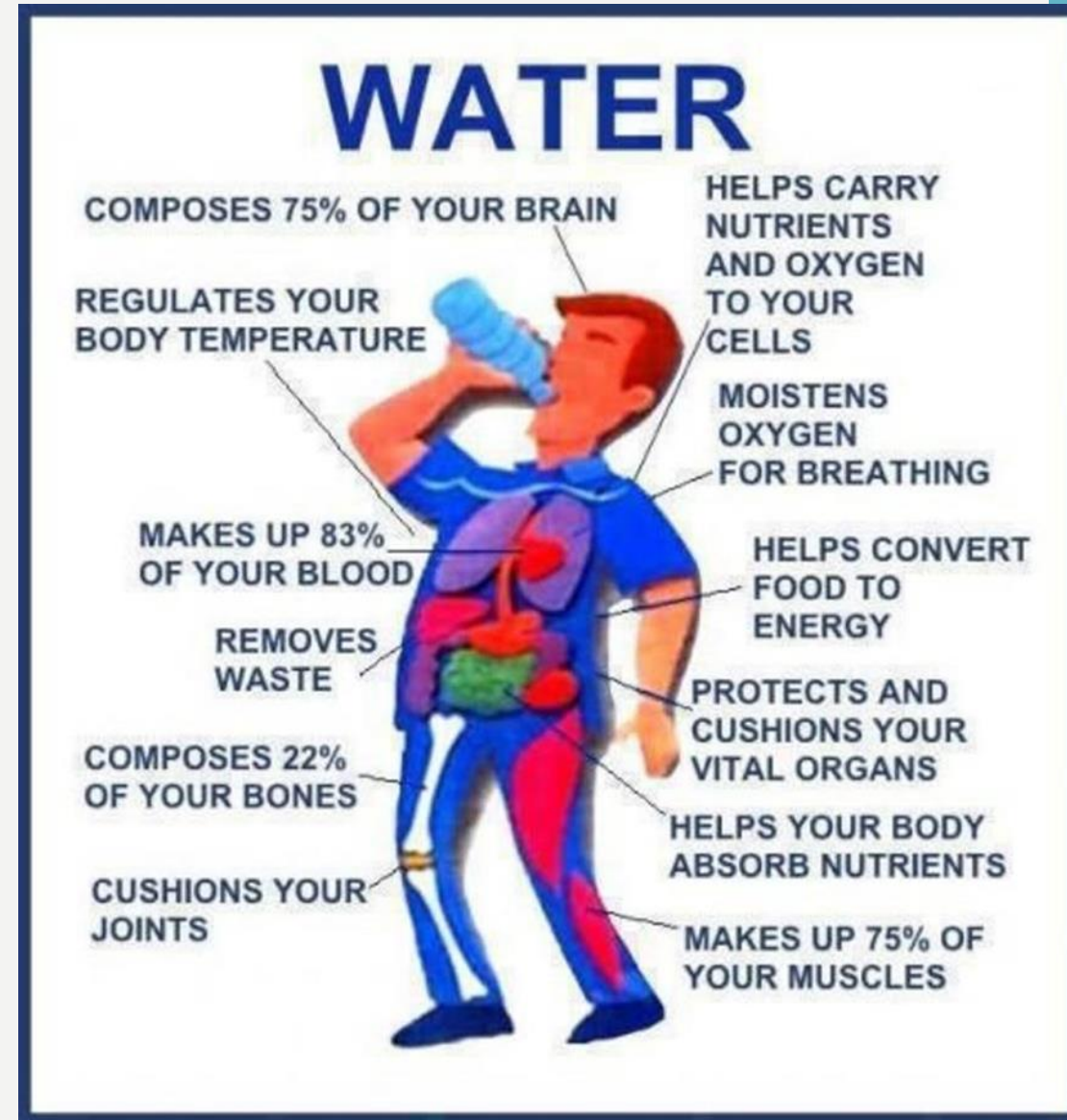
Don't be active or exercising close to bed time.

Have a relaxing evening – avoid anything that will get your child excited.



HYDRATION

- Water is essential for all our bodies to function properly. Water helps the body to get rid of waste, helps to regulate body temperature and carry oxygen and nutrients to your body cells.
- Water acts as a lubricant in your joints and muscles so they work properly, and in saliva to help chewing and swallowing.
- If you do not consume enough water you can become dehydrated causing symptoms such as headaches, tiredness, and loss of concentration.
- We should drink the equivalent of 8 glasses of water each day (2 litres). This includes fruit juice, tea, coffee and the water we get from the foods we eat.



EXERCISE IS IMPORTANT BECAUSE...

A ONE HOUR WORKOUT IS ONLY 4% OF YOUR DAY!



- Improves learning and mental performance.
- Helps prevent risk of developing obesity and heart disease in later life .
- Reduce sensitivity to stress, depression and anxiety.
- Increase functional activity of temporal lobe, which responsible for storing sensory memories.
- Released endorphins to make us happier and feel more alert.
- Reduce the impairment of brain cells and loss of coordination related to Parkinson's disease.

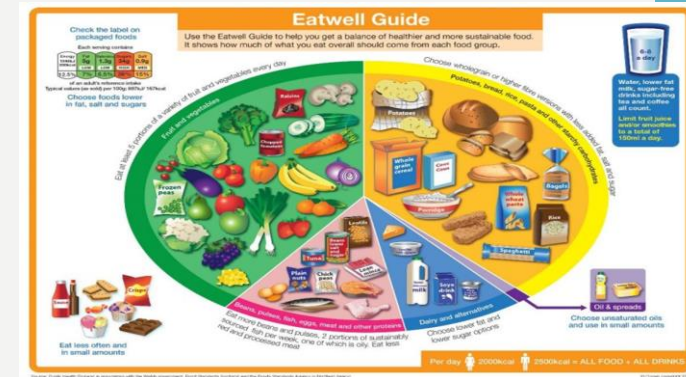


Day	Club	Year	Room	Time	Teacher
Monday	Fitness	All	Fitness Suite	Lunchtime	Mr. McQuade
Monday	Dance	S1-S3	Gym 1	Lunchtime	Miss. McHugh
Monday	Girls Open Football	S1	Astro	3.50-4.45	Miss McSherry
Tuesday	Fitness	All	Fitness Suite	Lunchtime	Mr. McQuade
Tuesday	Gymnastics	All	Gym 1	Lunchtime	Mrs Campbell
Tuesday	Table Tennis	All	Gym 2	Lunchtime	Mr. Irvine
Tuesday	Hockey	S1-S3	Astro/Gym	3.50- 4.50	Miss. Mcilfratrick
Tuesday	Flag Football	All	Astro	3.50-4.50	Mr Young
Tuesday	Badminton	All	Games Hall	3.50 -4.50	Mr. McCue/ Mr. Irvine
Tuesday	Basketball	All	Games Hall	3.50 -4.50	Mr. McCue
Wednesday	Rugby	All	Astro/Grass	3.10-4.20 (unless game)	Mr. Lindsay/ Mr. Mooney
Wednesday	Netball	S3-S4	Games Hall	3.10-4.30	Miss. McHugh
Wednesday	Trampolining	S1-S3	Gym 2	3.10 – 4.10	Mr. McCue
Thursday	Breakfast Club	S1- S3	All	7.45-8.30	Mr. Irvine
Thursday	Fitness	All	Fitness Suite	Lunchtime	Mr. McQuade
Thursday	Dance	S4-S6	Gym 1	Lunchtime	Miss. McHugh
Thursday	Netball	S1/S2	Games Hall	Lunchtime	Mrs. Atkinson
Thursday	Netball	S1/S2	Games Hall	3.10 -4.30	Mrs. Atkinson
Friday	Football 5s	S1/S2	Games Hall	7.45 -8.30	Mr Johnson/ Mr. McCue
Friday	Fitness	All	Fitness Suite	Lunchtime	Mr. McQuade
Friday	Basketball	All	Games Hall	Lunchtime	Mr. McCue

NUTRITION

Tips for how to achieve a well balanced diet:

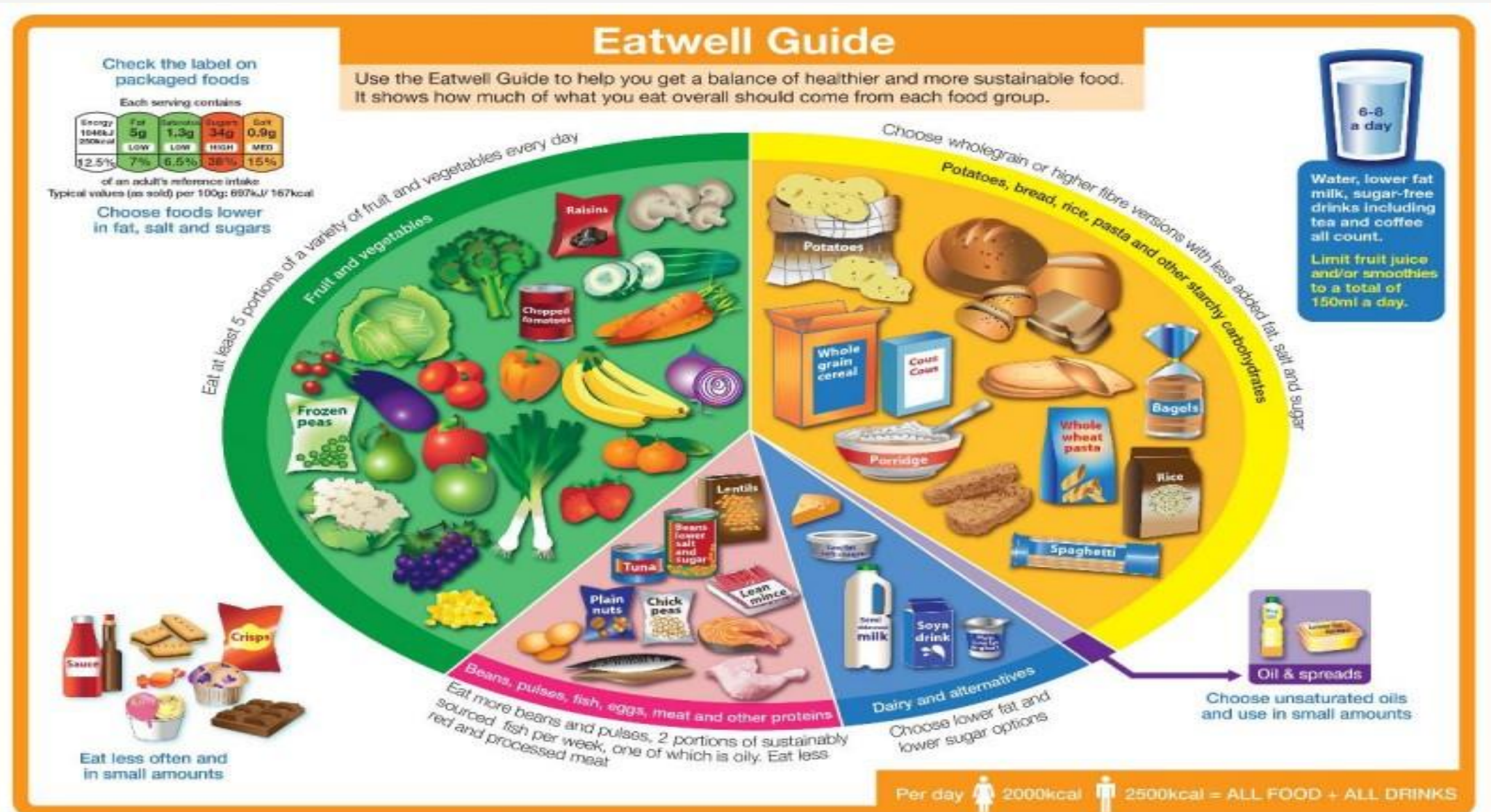
1. Don't skip breakfast- Breakfast has also been shown to have positive effects on children's mental performance and increase their concentration throughout the morning.
2. Using the 'eat well guide' is a great visual way to recognise what our daily food intake should look like in order to achieve a healthier diet.
3. Starchy carbohydrates should make up just over one third of the food you eat. They include potatoes, bread, rice, pasta and cereals. Choose wholegrain varieties (or eat potatoes with their skins on) when you can: they contain more fibre, and can help you feel full for longer which can help reduce snacking.
4. Cut down on foods high in fat, sugar and salt- traffic light labelling on front of packet packaging can help us recognise these foods.



Each 1/2 pack serving contains				
MED Calories	LOW Sugar	MED Fat	HIGH Sat Fat	MED Salt
353	0.9g	20.3g	10.8g	1.1g
18%	1%	29%	54%	18%
of your guideline daily amount				

Source: Food Standards Agency

NUTRITION



NUTRITION – THE HAND RULE

- Your **palm** determines your **protein** portions.
- Your **fist** determines your **veggie** portions.
- Your **cupped hand** determines your **carb** portions.
- Your **thumb** determines your **fat** portions.