

Food & Mood



This term, the Walsall Reflexions Team is focussing on increasing awareness of the impact food and sleep can have on wellbeing. We are delivering workshops to pupils, parents and staff on this topic.

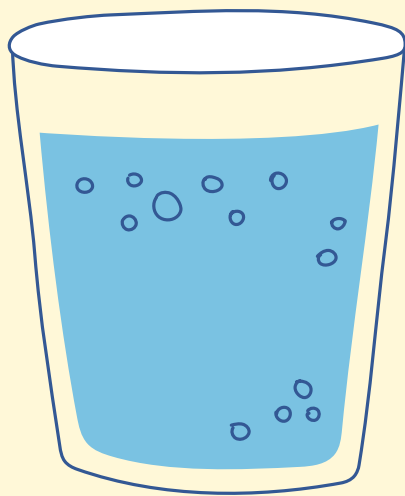
Why do we need food?

- To provide energy we need to survive and keep our organs working.
- To give our bodies enough fuel to fight infection and disease.
- To carry out all of our bodily functions.
- For our well being as we find eating food enjoyable.

Try to eat at least 5 pieces of fruit or veg a day. This includes fresh, tinned and frozen.



Aim to drink 6-8 cups of liquid a day



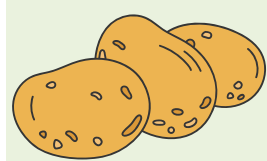
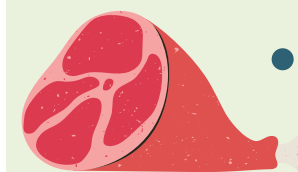
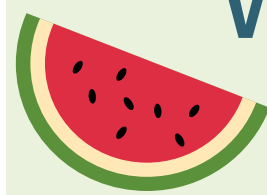
Try to avoid sugary drinks such as Coke and milkshakes – opt for sugar free alternatives

How can what we eat impact how we feel?

Changing our diet could lead to:

- An increase in energy levels
- Improvement in our mood
- Helping us think more clearly
- Helping our concentration

What are the main food groups?



- **Fruit and vegetables** – provide fibre, vitamins and minerals. Aim for 5 a day!
- **Dairy Products** (e.g. milk, cheese and yoghurt) – provide protein and fats. They are a good source of calcium which helps strengthen bones and teeth.
- **Meat, fish and eggs** – provide protein. Protein can also be found in beans and pulses if you don't eat meat.
- **Carbohydrates** – e.g. pasta, bread, rice, potatoes

How can I support my child to eat well?

- Make sure they have **breakfast** before school – this will help them to concentrate in school as it boosts energy levels and alertness
- Make sure they **drink plenty of water** so they stay hydrated throughout the day
- Ensure they eat a **balanced diet** including elements from each of the food groups
- Limit sugary, fatty and salty snacks like sweets, chocolate, cake and biscuits – these can be included in your child's diet as an **occasional treat**
- For healthy recipe ideas, including **lunchbox ideas**, visit : www.nhs.uk/healthier-families/recipes/



Sleep Hygiene



This term, the Walsall Reflexions Team is focussing on increasing awareness of the impact food and sleep can have on wellbeing. We are delivering workshops to pupils, parents and staff on this topic.

Why do we need sleep?

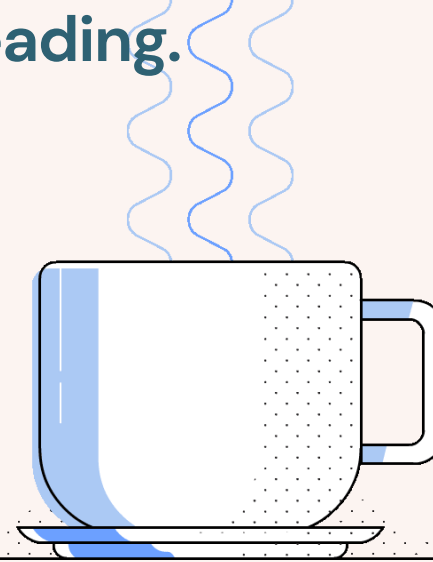
- To Stay healthy
- To Grow
- Allows the body and mind to rest
- Helps us concentrate on tasks for longer
- Helps with problem-solving abilities
- Better able to make positive decisions
- More able to learn and remember new things
- Have more energy during the day

How can I support my child to sleep well?



Ensure your child has a consistent bedtime routine and goes to bed and gets up at the same time each day.

Don't let your child use devices such as phones and tablets too close to bedtime. Try and switch them off an hour before bed and do a calm activity such as reading.



Don't eat a big heavy meal before bed. Having a warm milky drink before bed can help with sleep. Ensure your child is avoiding caffeine.

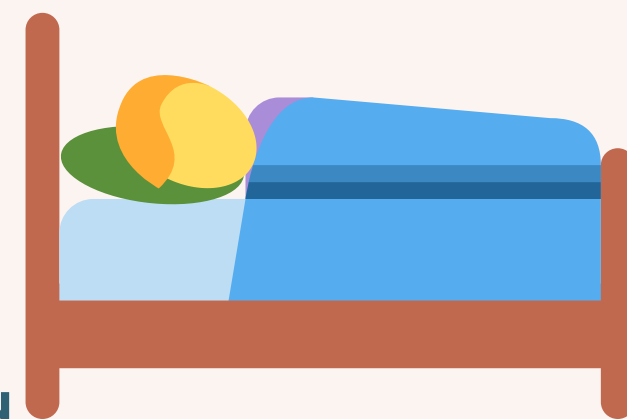
How might poor sleep impact my child?

- Mood swings
- Sleeping in class
- Behaviour problems
- Emotional problems
- Attention problems
- Poor school performance
- Irritability
- Increased stress
- Forgetfulness
- Difficulties with learning
- Low motivation

How much sleep does my child need?



Your child's bedroom environment is important. Ensure your child's room is a good temperature, dark enough and not too noisy. If possible, keep the bedroom for sleeping in only and avoid keeping lots of toys in the room.



Encourage your child to do some exercise throughout the day - this way they'll be more tired when it comes to bedtime. Make sure they aren't exercising too close to bedtime though as this may wake them up!