

Keeping Healthy!

HEALTHY TIMETABLE

TIMES	MON TO FRI	SAT	SUN
9:00	SCHOOLWORK		
12:30	LUNCH		
1:00	SCHOOLWORK		
2:00	SCHOOLWORK AND OTHER WORK		
5:00	REST AND RELEASING		
5:45	OTHER WORK		
7:00	FREE TIME (INCLUDING SLEEP)		
8:00	FREE TIME (INCLUDING SLEEP)		
9:30	FREE TIME (INCLUDING SLEEP)		

Timetables to support a healthy lifestyle!

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
07:45	SCHOOL START	SCHOOL START	SCHOOL START	SCHOOL START	SCHOOL START	SCHOOL START
08:00-10:30	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK
10:30-11:30	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK
11:30-11:45	SCHOOL BREAK	SCHOOL BREAK	SCHOOL BREAK	SCHOOL BREAK	SCHOOL BREAK	SCHOOL BREAK
11:45-12:45	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK
12:45-1:45	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:45-2:45	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK
2:45-3:45	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK
3:45-4:45	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK
4:45-5:45	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK
5:45-6:45	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK
6:45-7:45	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK	SCHOOLWORK

Year 5

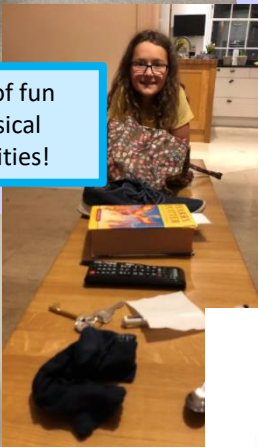
As part of our whole school PSHE week all about keeping ourselves safe and healthy, we learnt about choices that support a healthy lifestyle and how to recognise what might influence these. We also thought about what good physical health means, how to recognise early signs of physical illness and how and when to seek support, including which adults to speak to in and outside school, if we are worried about our health. We created timetables for a day which shows a healthy, balanced lifestyle; we thought about different physical illnesses and diseases and created poems, leaflets and videos about these; we tried out lots of physical activities; and we took part in the Christ Church cook-along!



Lots of fun physical activities!



Our healthy cook-along!



Physical illnesses and what to do if you feel unwell!

What Do You Do If You Are Ill?

Illnesses are actually quite common, and there are many different ways to treat them. When you are ill, the first thing you should do is go to a trusted adult, and tell them about how you are feeling.

First things first : a Physical Illness is usually confused with an injury. An injury is a slight hurt, such as a grazed knee, a cut finger, or a scratched palm. Physical Illnesses however, are a bit more serious, and they are not injuries, but *pains*, such as a cold, cough, measles or chickenpox.

Some illnesses cause us to feel claustrophobic, or dizzy. They might make you feel physical symptoms that you have never felt before, or feeling tired all the time and losing weight. This may be a common cold, or something more serious, but before you rush to the doctor to get yourself scanned, it is important to tell an adult who will decide whether it is necessary to go to the doctor, or it is easy to cure with remedies at home.

Most of the time we all feel fine, But now and again we see the sign That our body doesn't feel so well, We cough, we sneeze, or parts start to swell.

So what can we do to keep illness at bay? Handwashing keeps the germs away, Use tissues properly to protect others, 'Catch it! Bin it! Kill it!' say all the mothers.

For nasty diseases you must have a jab, These are clever medicines created in a lab, They will help protect you from harm, as, mumps and covid prevention go in your arm.

So remember, if you do not feel so great, Check your symptoms, do not wait, See your doctor, they know best, They'll give you medicine or tell you to rest.

ALL ABOUT PHYSICAL ILLNESS

