

Healthy Hearts & Healthy Minds

Welcome

Hello! Happy new year to all our children and their families. We would like to share with you the first issue of our Healthy Hearts and Healthy Minds newsletter. The aim of this newsletter is to promote the health and wellbeing of all. In this busy modern world, it is essential that we all take time to look after ourselves and others. There are many ways this can be achieved, which require very little time and very little money, often cost free. The benefits to your physical and mental health can be huge, if you take just a moment of time each day to do something that enhances your wellbeing. In every issue of this newsletter, we will be sharing simple ideas for you to try. If there is anything you are doing already that works for you, we would love to hear your ideas. Please email churd@beya.org.uk.

Physical Challenge

At BEYA we are passionate about promoting children's well-being through purposeful physical play.

The daily recommendation for children under five is that they should be physically active for at least 180 minutes a day! This improves concentration at school, helps children to sleep well, is fun and helps them feel good about themselves. To support this, we will be setting a fun physical challenge for you to try with your child. Do you walk to nursery? Try scooting instead or if you drive, park five minutes away and include a short walk in your journey to nursery.

Explore the outdoors

Oakhill Park is local to all our nursery schools and boasts a wonderful woodland and nature reserve with a marked trail to follow. Go for a walk and observe the seasonal changes, take a flask of hot chocolate, build dens, balance on logs and look out for wildlife. Bus routes: 184, 307, 382



Parkrun is a free, timed 5k walk/run at 9am every Saturday in Oakhill Park. Whether you are interested in taking part as an established runner, a beginner, or wishing to improve your fitness, then Parkrun is for you! It is a great way to improve your fitness and meet new people. Children under 11 must be accompanied by an adult and you can also complete the course with younger children in a buggy. For more information and to register, go to www.parkrun.org.uk/oakhill. For a shorter distance, you could try the Junior Parkrun. This is 2k and held every Sunday at 9am in Friary Park. Age 4-14, families welcome. www.parkrun.org.uk/events/juniorevents

“The mind is just like a muscle – the more you exercise it, the stronger it gets and the more it grows.”



Every month we will be showing you a simple yoga pose to try at home with your child. Shanine, a local yoga teacher recommends this pose, which assists in stretching the front of the body, focusing on the front of the hips and pectoral muscles. In today's society where we frequently sit and constantly use digital devices this is a 'must' pose for parent and child to stretch out their tight hips and overly contracted chest muscles. Remember to focus on your breathing. www.shaninecollinsonyoga.co.uk

FOCUS ON Oral Health

Did you know that a quarter of all five year olds have tooth decay?

It is important that from a young age, children are taught about oral health. From growing their first tooth, it is essential that their teeth are brushed properly and that it becomes part of their daily routine. Children should be brushing their teeth at least twice a day. The NHS recommend the tips below.

BRUSHING YOUR TEETH

NHS
Central London
Community Healthcare
NHS Trust

 <p>Brush your teeth 2 times Morning & Night</p>	 <p>Use a pea size amount of fluoride toothpaste</p>
 <p>Brush your teeth for 2 minutes</p>	 <p>After brushing do not rinse with water</p>
<p>For more information on how to brush your teeth visit WWW.NHS.UK</p>	

In England NHS dental care is **FREE** for all children up to the age of 18. Make sure you visit the dentist on a regularly basis for a check-up and not just when your child is in pain. To find your local NHS Dentist, visit NHS Choices website at www.nhs.uk/dentists



Being **Sugar Smart** can also help with keeping your teeth healthy. Think about eating less sugar, less often. Children should be avoiding sugary foods and drinks before bedtime. Sugary drinks have no place in a child's daily diet. Try sugar free, diet or no-added sugar drinks, but remember plain water and lower fat milk are best. You can download the **Change4Life** food scanner app to find out what is in your food and drink. For fun ideas to help you and your children stay healthy, visit www.nhs.uk/change4life



At nursery...

Dimcho, the persona doll, came to visit our nursery. He shared with the children his recent visit to the dentist. He showed them photos of his experience and talked to the children about how to brush your teeth and why it is important to keep them clean, especially after eating sweet treats. They then went into the nursery bathroom to have a go at brushing their own teeth, making sure they did all their teeth - top, bottom, front and back.



Easy, versatile vegetable soup

Healthy eating including lots of vegetables and fruit is essential to maintaining a healthy lifestyle.

Fry 200g of chopped raw vegetables with 300g potatoes, peeled and cubed in 1 tablespoon of oil until they begin to soften. Cover with 700ml of stock, simmer for 10-15 minutes until the vegetables are tender. Blend until smooth and season with salt and pepper.

You could vary this by adding any leftover vegetables you have in the fridge.

Why not involve your children and get them to help to chop the vegetables?

