SHANARRI

Being **HEALTHY** You might want to think about:

- What things you eat and how it affects your body
- What exercise you take and the importance of being active
- The importance of a good night's sleep
- The impact of too much time on screens
- How much time you spend outside in the fresh air
- The importance of getting the right help when you feel unwell
- How happy you feel and how well you can bounce back from difficult times
- Friendships and positive relationships

The Getting it Right for Every Child (GIRFEC)

approach is about how we meet the needs of children, working with other adults where necessary to ensure they reach their full potential. It put children at the

centre and promotes a shared approach that:

- Helps the child and their family
- Enables children and young people to get the help they need when they need it
- Supports a positive shift in how we help children
- Involves us all working to improve life chances for children, young people and families

The wellbeing of children and young people is at the heart of getting it right for every child. The approach uses 8 areas of wellbeing:

- Safe
- Healthy
- Achieving
- Nurtured
- Active
- Respected
- Responsible
- Included

Kinross Primary School

SHANARRI

Family Learning

This month, think about:

Healthy

10 House Points

Make a 'how to' guide about ways in which you are healthy. This could be a leaflet, poster, video, cartoon strip, slideshow, photostory etc	10
Play an outdoor game with a family member	10
Go for a short walk every day for a week—walk/cycle/scooter to school if you can	10
Do some gardening in your own or a relative's garden	10
Keep a healthy food, sleep or screen time diary for a week	10
Put all screens (TV, tablet, phone, laptop) away for one night a week - Keep a record of what you do instead	10

To earn my house points, I…

_____

_____

_____

_____

_____

20 House Points

Attend a club / activity outside of school and report to your class about why you enjoy it	20
Prepare a detailed menu planner for healthy meals for a week to present to the class	20
Make a poster to encourage others to try a sport or activity that you enjoy	20
Describe the difference between 'Big Deals' and 'Little Deals' either in a role play, poster or story	20
Create a cartoon strip about a visit to the dentist to encourage a friend to go	20
Plan, design and make a game about safe medicines that can be played by more than one person	20
Make a 'how to' guide about ways in which you are healthy. This could be a leaflet, poster, video, cartoon strip, slideshow, photostory etc	20

Parent / Carer Signature

_____

Date

_____

30 House Points

Make a 'how to' guide about ways in which you and your family are healthy. This could be a leaflet, poster, video, cartoon strip, slideshow, photostory etc	30
Design a new outdoor sport for the winter or summer Olympics. Present to the class describing the health benefits.	30
Interview an adult from your club / team, asking them about the health-benefits of being in a team	30
Prepare a lesson for PE which includes a warm up, activity and cool down	30
Prepare, with a small group of friends, a drama / play script about bouncing back from a problem	30
Create a healthy dish for your family to eat. Collect their feedback on how it tasted and bring a photo of it into class	30
Plan and organise a game to play with others at playtime	30

Self Assessment