

Encouraging a healthy lifestyle

While there is a natural tendency to focus on your child's reading, writing and number skills, a fundamental aspect of school success is your child's physical, mental and social development.

There are many resources available online which provide tips on how to maintain the wellbeing of your child, including tips on fitness, nutrition, behavioural development and encouraging involvement in nature.

With one in four school-age children classified as being mildly overweight to obese, encouraging a healthy lifestyle is crucial for a child's development.

The best way to do so is lead by example, according to specialist in child obesity at the Children's Hospital Westmead, Dr Shirley Alexander.

"Try and get the whole



PLAY: Unstructured play is recommended by experts.

family to develop healthier lifestyle habits and through that, hopefully get some weight-loss in the children," she said.

Avoid foods that are high in fat, sugar and salt, such as chips and sweets, and make water the day's main drink. Frequent intake of fruit and vegetables are suggested as well as healthy alternatives to

snack foods.

Getting children up and outside for a little activity is equally as important as diet when it comes to maintaining a child's weight.

Dr Alexander recommends at least one hour of physical activity each day. Exercise is also vital in keeping muscles strong, helping the devel-

opment of the heart and lungs as well as improvement of hand-eye coordination.

Team sports are recommended by experts, as they teach children important lessons in personal values and are good for mental health. Children who play team sports learn how to be more resilient when presented with a setback, and are less likely to feel isolated.

Unstructured time is also suggested for children, giving the child a chance to be physically active without restriction, according to Allan Booth, a curriculum expert with the NSW Department of Education and Communities.

"It lets them explore movement and play in a natural unbridled way," he said.

Source:
www.schoolatoz.nsw.edu.au



Breadalbane Public School

has operated as a small rural school for nearly 150 years. It has a proud history and an exciting future. The school has experienced, professional staff and a supportive parent community, dedicated to providing a wide variety of rich and stimulating learning experiences for every child. The small number of students guarantees personal attention and gives each individual the best possible chance to reach his or her personal learning goals.

Breadalbane Public School is well resourced and its physical surroundings are spectacular. The school offers strong core teaching and learning in literacy and numeracy while providing a range of opportunities in technology, sport and the creative and performing arts. The K-6 classroom fosters leadership and independence and provides students with a really positive start to their formal education.



Breadalbane Public School

Collector Road,

BREADALBANE NSW 2581

Principal: Marianne Powles

48442243

www.breadalban-p.schools.nsw.edu.au