

“HEALTHY BODY, HEALTHY MIND”

All too often, while we are encouraging students to work hard at their studies and learning, a more important aspect of their lives can be neglected. That is, their personal health and wellbeing, comprising exercise, nutrition and relaxation.

To operate to their potential, the ***Healthy Body/Healthy Mind*** approach is essential. With the bombardment of advertising directed towards them that attempts to sway them away from this positive lifestyle, it is vital that we continually feed them positive messages and role model this as parents and teachers.

As we are all well aware, children are very impressionable while going through adolescence and it is essential for parents and teachers to cultivate resilience in them to cope and thrive. The key is to realise that all the little scenes contribute to balance in the big picture; a shortfall in one will adversely impact on the others.

In each of the Junior, Middle and Senior planners are focuses that strive to reinforce the Healthy Body/Healthy Mind approach:-

<i>Junior</i>	Tips for Healthy Living	pg. 12
	The Right Balance/My Health Review	pg. 13
	Mental Health	pg. 23
	Exercise/Leisure	pg. 70
	Healthy Body/Healthy Mind	pg. 108
	Relaxation Techniques	pg. 127
<i>Middle</i>	Tips for Healthy Living	pg. 13
	Looking After Myself	pg. 14
	Sleep and Eyes	pg. 14
	Healthy Body/Healthy Mind	pg. 15
	My Health Review	pg. 15
	Exercise, Sport and Leisure	pg. 74
	My Diet	pg. 112
	Mental Health	pg. 122
	Relaxation Techniques	pg. 129
<i>Senior</i>	Tips for Healthy Living	pg. 15
	Looking After Myself	pg. 16
	Sleep and Eyes	pg. 16
	Health Stocktake and Goals	pg. 17
	Healthy Body/ Healthy Mind	pg. 17
	Friends, Socialising and Exercise	pg. 54
	Mental Health	pg. 124
	Relaxation Techniques	pg. 140

Should you have any concerns or queries regarding your son/daughter's progress please do not hesitate to contact his/her Year Level Co-ordinator/Advisor.

"Your health is your wealth" Anon