



Healthy, Happy Hearts and Minds

Autumn
Term
2021

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 admin@cleatormoor.cumbria.sch.uk

Explore the Outdoors

As the weather turns cooler and Autumn begins to creep forward, it is a great time to get outdoors and go for a walk. Take time to talk about the changing colours of Autumn, the leaves falling from the trees, making crunching noises beneath our feet and the berries and fruits in the hedgerows and gardens. Talk with your child about animals storing foods for the winter and making warm homes and beds to get ready to hibernate. Getting out and about, looking at nature, the sounds and smells of an Autumn walk is a lovely way to spend time together, it is gentle exercise and helps us all feel better and stronger. Longlands Lake is a great walk with plenty to see along the way.



Physical Challenge

At CMNS 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 School.

Seasonal foods to try...

Plums
Apples
Blackberries
Butternut Squash
Pumpkins

Seasonal recipes to make...

Fruit crumble- using apples, plums, blackberries or a mixture of all three.

Pumpkin Soup-

Make for Halloween or just as a treat for all the family.



Yoga We love doing our Yoga in CMNS - it helps us to listen, be calm and self-regulate our feelings. Each newsletter we will send a yoga pose for you to try. This one is called The Warrior.



Easy, peasy 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? Enjoy.



ORAL Health

Lets 'Smile in September' and look after our teeth

Smile in September

Our children use their smiles to tell us how happy they are. During September we will be sending regular smiles from Cleator Moor Nursery School with a little note to tell everyone what makes us 'Smile in September'. This initiative is to launch our focus on oral health and the importance of helping our children develop good habits for brushing their teeth, regularly visiting the dentist and eating healthy foods to keep our teeth white and strong. Keep a look out for your child's smile.

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 for 2 minutes, using a pea size amount of fluoride toothpaste The NHS recommend the tips which can be found by following the link below....
[Children's teeth - NHS \(www.nhs.uk\)](http://www.nhs.uk)



Change for life

As a Healthy School we provide snacks which include a variety of foods ensuring balance in all food groups. This keeps our children physically fit and well and gives them enough energy to enjoy their time at school.

Children like to try variety in their foods and are often keen to try something new, so if you need a little inspiration, please visit [Lunchbox Ideas | Recipes | Change4Life \(www.nhs.uk\)](http://www.nhs.uk) for ways to make sure that your child is getting tasty, varied lunches that are good for them too.

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

Smile 4 Life

For further information visit www.nhs.uk/primary-care/dentistry/smile4life

- ENCOURAGE HEALTHY EATING AND DRINKING**
 - Avoid all foods and drinks containing sugar in bedtime
 - Switch on full and/or vegetables whenever possible
 - Drink only milk and water between meals. Keep other drinks to mealtimes
- ENCOURAGE REGULAR TOOTHBRUSHING**
 - Brush twice a day including last thing at night
 - Use a proper toothbrush (soft or medium bristles) over 3 years' period
 - Only fluoride toothpaste
 - Supervise brushing until at least 7 years of age
 - Spit, don't swallow, after brushing
- ENCOURAGE THE PROMOTION OF A HEALTHIER LIFESTYLE**
 - Do not smoke or use any form of tobacco
 - Keep alcohol consumption to recommended levels
- VISIT A DENTIST REGULARLY**
 - Children should visit a dentist from birth
 - Children should be seen regularly at intervals of around 6-12 months
 - Ask your dentist about fluoride varnish
 - Young people and adults should be seen at regular intervals as determined by their dentist
 - For help in accessing an NHS dentist, see our www.nhs.uk or emergency care call your local 111 number

The best way to help keep the teeth and mouth of children, young people healthy is:

www.england.nhs.uk/primary-care/dentistry/smile4life

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