



The curriculum at Ludlow Primary School has four key drivers which underpin its content.

Each half term, we are going to focus on one of our curriculum drivers, raise its profile and celebrate our children who endeavour to improve in that area.

This half term we want to see our children develop their awareness of their own 'Healthy Body, Healthy Mind'.

What do we strive to develop? What does a Healthy Body, Healthy Mind look like?

- Have an awareness that research has shown that having a healthy body leads to a healthy mind.
- Ensuring that children have at least two hours of exercise a week.
- Having a balanced diet, rich in essential nutrients.
- Getting seven to nine hours of sleep each night.
- Drinking plenty of water to stay hydrated.
- Have daily routines to promote our own health and hygiene.
- Having a positive mental well-being attitude and the confidence to share feelings.

How can parents help support this at home? What opportunities can be created outside of school?

- Provide children with the knowledge that by maintaining a level of physical fitness and a balanced diet, it will hugely benefit both their physical and mental health.
- Establish good eating habits and talk to your child about making healthy choices.
- Ensure children are aware of their responsibility to maintain their own health and hygiene.
- Talk to children about the benefits of being outside and the need for the recommended daily duration of exercise of 2 hours.
- Provide children with healthy lunch boxes for school and water bottles for use throughout the day.
- Children to have an awareness of their own needs and levels of rest.
- Encourage children to take part in extra-curricular clubs related to sports and well-being.
- Talk to the children about the benefits of activity-based residential visits and encourage them to take part.
- It is important that children are encouraged and supported to look after their mental health.

When we see children displaying or applying a 'Healthy Body, Healthy Mind', what do we do?

We celebrate with verbal praise and reward with a Healthy Body, Healthy Mind sticker. Friday assembly will have a designated slot for certificates.