



**Dubai Gem Private School**

**REACH PROGRAM**

# **NURTURING GOOD HEALTH AND STAYING SAFE**

**SELF CARE SEPTEMBER**



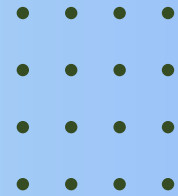
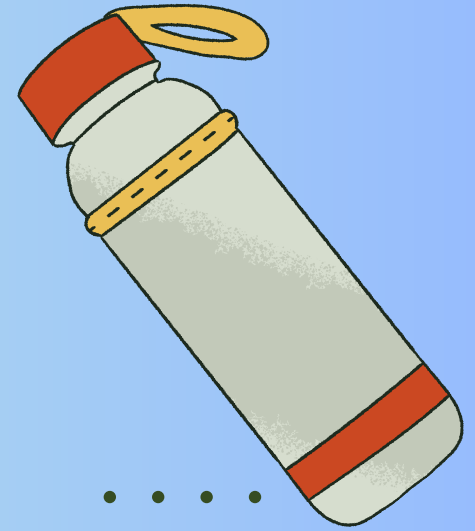
# **Benefits of healthy lifestyle**

**Students need a healthy lifestyle to:**

- **Facilitate normal growth and development**
- **Improve academic performance**
- **Help meet nutrient and physical activity needs**
- **Help achieve and maintain a healthy weight**
- **Overall wellbeing**

# THIRST QUENCHERS

- Water is best. Try using a refillable water bottle
- Give your children vegetables and fruits more often than juice
- Skip the pop, sweetened beverages and energy drinks



Let's make breakfast fun and help our children:

- Choose healthy - Eat healthy
- Prepare a healthy food menu
- Avoid unhealthy food high in fat, salt, and/or sugar
- Create colourful and visually appealing lunch boxes with a variety of foods







## **Sweet serves**

- **Give healthy treats such as yoghurt and dried fruits**
- **Surprise your child with a secret note or stickers in their lunch bag**
- **Fried food high in fat , sugar or salt and sweet treats can be offered occasionally**



## **Save the environment:**

**Avoid disposable plastic, styrofoam, and paper, instead use:**

- **Cloth or thermal lunch bag**
- **Reusable containers**
- **Washable cutlery**
- **Cloth napkins**





# Why does sleep matter?



Sufficient sleep helps students:

- Excel in the classroom by maximizing attention, memory and learning abilities
- Perform better in sports by being faster, stronger and more accurate
- Feel positive and have a more optimistic attitude toward life
- Have fun and enjoy life by making better decisions and staying safe

## Tips for establishing healthy sleep habits



- Create a quiet, cool sleep environment
- Develop a relaxing night routine, which may include reading, journaling, or taking a warm shower
- Restrict screen time before bed
- Set a bedtime that is early enough for the kids to get at least 8 hours of sleep (or 9 hours for tweens)
- Engage in physical activity every day
- Limit afterschool naps to 30 minutes or less and avoid naps after 4:00 pm
- Stick to your sleep schedule as closely as you can on weekends