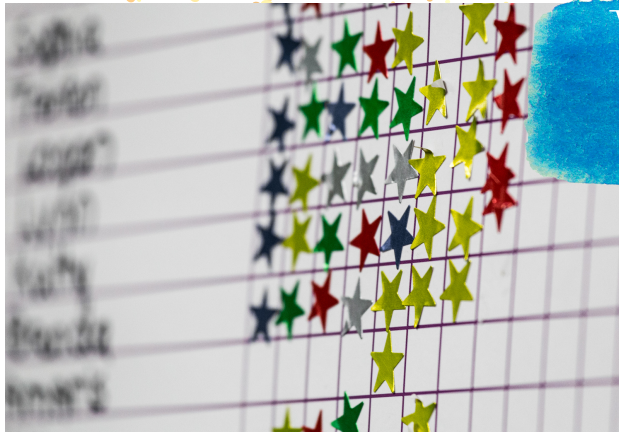




NEW YEAR RESOLUTIONS

HEALTH & WELL-BEING

South Leicestershire School Sports Partnership Newsletter January 22



Why set a New Years Resolution?

A new year's resolution can help keep children focused and motivated on their goals throughout the year.

Sit down with your child and look at setting out 1 or more new year's resolutions this January.

Ensure ideas are realistic and appropriate for their age and stage of development.

Maybe create a sticker chart or use a calendar so your child can keep track of their progress.

Resolution ideas

Limit Screen Time - Time spent on electronic devices is having a huge impact on the physical and mental health of young people. Children aged 6 and under should have no more than 1 hour of screen time per day.

Agree a daily screen time limit for your child in 2022. Better yet, why not dedicate a *screen free* day each week and get **"unplugged!"**

Try something NEW for 2022 - Ask your child if there's a new sport or physical activity they would like to try and get them enrolled. Sports clubs are a great opportunity for children to meet new friends, boost their self esteem and develop their leadership and teamwork skills.

Check out our Club Directory for local clubs in your area over on our

Parent Portal!



Power of sleep- Aim for a minimum of 8 hours sleep per night. Sleep is very important for your child's physical and mental well-being.

Click [here](#) for the NHS guide to healthy sleep for children.

Nutrition- A healthy, balanced diet is essential to maintaining good health. Ask your child to try and aim for 5 portions of fruit or veg everyday!

Or why not aim to try 1 new fruit or vegetable each month? Find out more at Change4Life [here](#)

Keep Active- It is recommended that children and young people should be physically active for 60 minutes every day.

Why not sit down with your child and put together a weekly physical activity time table. Get creative with some of the activities they could do each week. For example a family walk, an online dance class, a trip to the park. Maybe walking, scooting or cycling to school. A trip to the swimming pool at the weekend?

We've got a host of fun, physical activity games and activities for you to try at home over on our YouTube Channel, click [here](#) to check it them!



Physical activity
for children and young people
(5 – 18 Years)

BUILDS CONFIDENCE & SOCIAL SKILLS	STRENGTHENS MUSCLES & BONES	MAINTAINS HEALTHY WEIGHT
DEVELOPS CO-ORDINATION	IMPROVES HEALTH & FITNESS	IMPROVES SLEEP
IMPROVES CONCENTRATION & LEARNING		MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for an average of at least **60** minutes per day across week

All activities should make you breathe faster & feel warmer

PLAY	RUN/WALK	BIKE	ACTIVE TRAVEL
SWIM	SKATE	SPORT	PE
SKIP	CLIMB	WORKOUT	DANCE

Include muscle and bone strengthening activities **3 TIMES PER WEEK**

Get strong INACTIVITY

Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

Catch up with all the latest news



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