

Mindfulness moments!



This week is all about 'Eating well'

As Children's Mental Health Week 2019 (4th-10th Feb) is fast approaching with the focus on 'Healthy- Inside and Out' this week we have decided to think about how eating well is key for both our mind and bodies. Dietary habits established in childhood often carry into adulthood, so teaching children how to eat healthy at a young age will help them stay healthy throughout their life. A great example of this is eating breakfast as research shows children who eat it have better concentration and mental performance than those children who skip this meal. The key issue here is not just for **you** to get your child to eat better but for you to help **them** to recognise this for themselves.

KS1: Children in KS1 are often keen to experiment and this is the age where you can use this to your advantage! Evidence shows that children under seven are twice as likely to try new food compared to older children. Simply challenge them to try a new food item that they have never tried before and put a positive spin on this by getting them to ask their friends for ideas. Taking them food shopping with you to buy this item and getting them to rate the item out of 10 are also fun ways to keep them involved. This is a way to bring the theme of 'food' into your child's conversation and praising them for making 'healthy' food choices.



KS2: Getting your child involved with cooking just once a week will really open up their eyes to what is going into their bodies and you will find that children who say they don't like a certain

vegetable can fall in love with it once they become the chef. Choice can also be helpful here as they can pick the meal they want to prepare- providing that it is suitable for the whole family. Most importantly, it is also a chance for them to be a role model to younger siblings and understand about making healthy choices as part of their daily routine.



Fun time: On the way to school play the food alphabet game by naming a food starting with 'a' all the way to 'z' or have a themed night at home e.g. 'Mexican night' and get the children involved.

If you have any questions about Let's Talk or would like to talk to Mrs Watkins about a particular concern regarding your child's mental health and well-being, please contact her through wellbeing@emmanuel.camden.sch.uk.