

Health for Life project at Moorlands Primary School!

An Exciting New Project

Moorlands Primary School have started a brilliant new project called **Health for Life**! It's all about helping every pupil in our school feel happy, strong, and full of energy.

Key point

Soon, we will be sharing all our amazing health tips with parents and carers at home too!





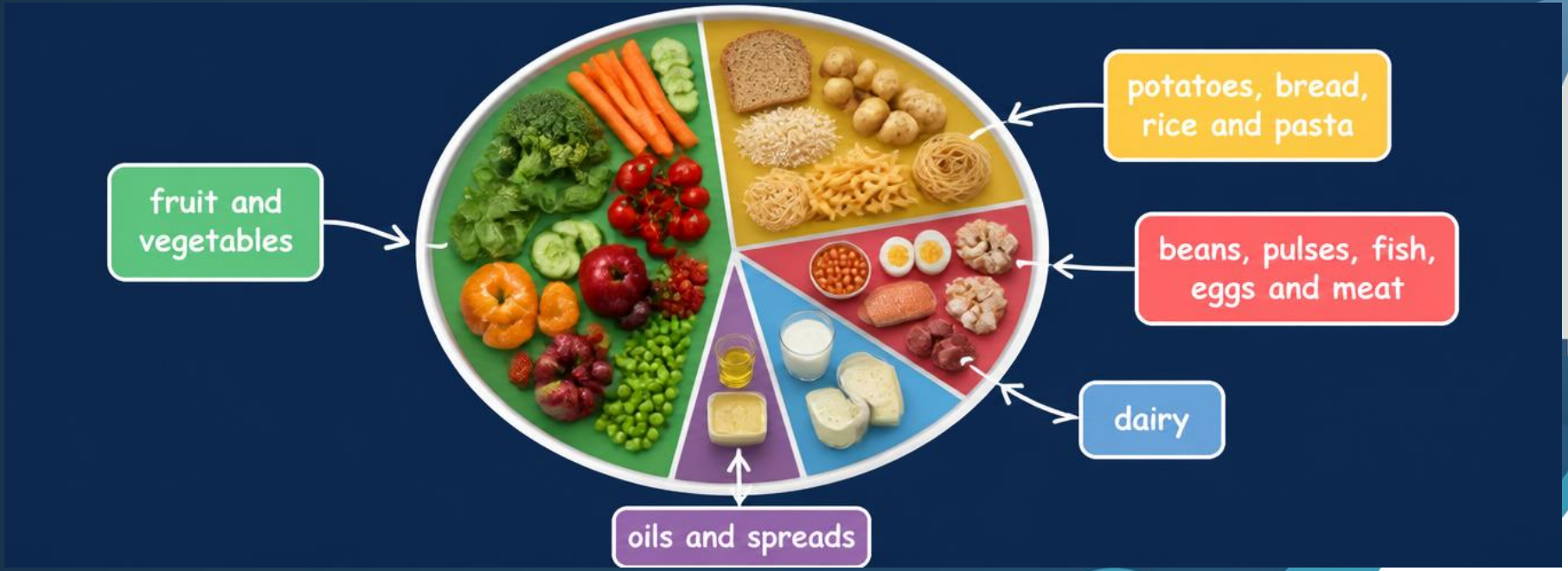
Fuel Your Superpowers

Imagine your child's body is like a high-tech racing car. What do you think would happen if you gave it the wrong fuel?

Healthy eating isn't just about 'good' or 'bad' foods—it's about giving your child's body the right fuel to grow, learn, and play!

The Eatwell Guide

A balanced meal is like a team where every player has a special job. To stay healthy, you need a mix of different food groups on our plate.



Building a Balanced Plate

Try to fill half your plate with colourful **fruit and vegetables**! They are packed with vitamins that keep your skin glowing and your eyes bright.

Example

A balanced dinner could be a jacket potato (energy) with beans (protein) and a crunchy side salad (vitamins)!



Healthy Choices at Home

Great Swap!

Instead of sugary snacks, try apple slices with peanut butter or plain yoghurt with berries.

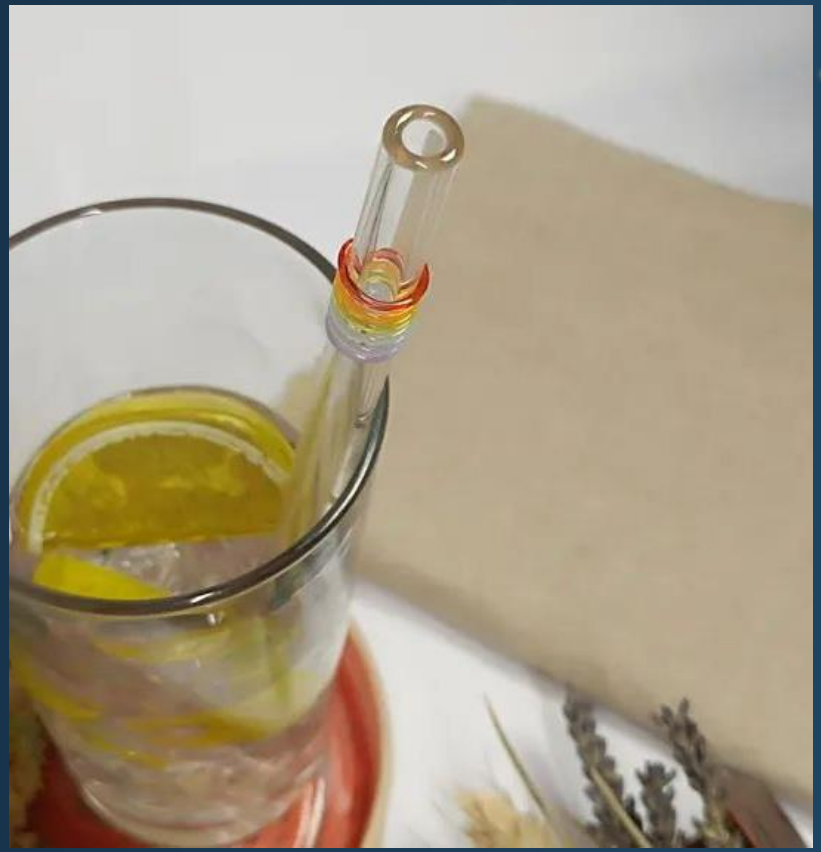


Help the Chef

Your child can help at home by washing vegetables or picking out bright colours for your salad!



Why Hydration Matters



Did you know your brain is mostly water? If you don't drink enough, you might feel tired, grumpy, or get a headache.

Remember

Water is the best choice for your teeth and your body. Aim for 6 to 8 glasses a day!

Time to Move!

Being active isn't just about PE lessons. It's about getting your child's heart beating a little bit faster every single day.

Can you think of a way to be active that feels like a game rather than 'exercise'?



Ways to Keep Active



WOW - Walk to school on Wednesday or take the dog for a stroll in the park.

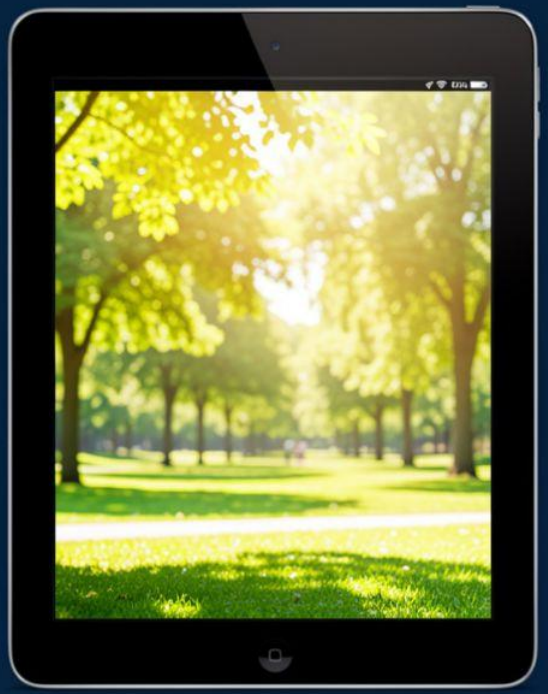


Playground Games - Play tag, skipping, or football during break times.



Kitchen Disco - Turn on your favourite song and dance in the living room!

Screen Time Balance



Tablets and TVs are fun, but spending too much time on them can make your child feel 'sluggish'.

⚠ **Watch out**

- Too much screen time can hurt your child's eyes and stop them from getting enough deep, restful sleep.

Growing Our Own

At Moorlands, we are going to get our hands dirty! We will be **growing our very own fruit and vegetables** right here at school.

There is nothing better than the taste of a strawberry or a pea that you grew yourself!





Cooking at Moorlands

We won't just grow the food—we are going to **cook** it too! Your child will learn how to chop, mix, and prepare delicious, balanced meals in class and take home.



Small Steps, Big Results

You don't have to change everything at once. One extra glass of water or one 10-minute walk makes a difference!

Fun fact

Laughing is actually a great way to exercise your tummy muscles and it makes you feel happy too!

Ready, Steady, Go!

Moorlands community are the stars of the Health for Life project!

Pupils can't wait to see what they will grow, cook and share what they have cooked.

