



MELLING IN FOCUS

7 STEPS TO WELL BEING



"Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community." World Health Organisation 2014

Our school's '7 Steps to Well Being' is at the heart of promoting positive mental health, it promotes behaviours and attitudes for feeling good and functioning well. We ask all parents/carers to promote these steps and strategies with their children.

MELLING 7 STEPS TO WELL BEING

EXERCISE

HEALTHY EATING

TALK IT THROUGH

DO GOOD DEEDS FOR OTHERS

RELAX YOUR MIND

THINK POSITIVE THOUGHTS

RESILIENCE

HEALTHY EATING SNACKS & LUNCHBOX GUIDELINES

TUMMY FILLERS

Fillings for sandwiches, wholemeal wraps, bread rolls, pitta bread, naan, chapatti
Meat – wafer thin cooked meat, cubed chicken/turkey breast, meat paste.
Fish – tuna mayo and sweetcorn, tuna salad, fish paste.
Veggie – cheese, cheese spread, quorn slices, salad, cottage cheese, veggie sausages, egg, marmite

GOOD FOR GROWING BONES

Fruit yoghurt, fromage frais or dairy free alternative.
Cold rice pudding.
Greek/plain yoghurt or frubes/tubes.
Cubes of cheese.
Dips: hummus, tzatziki, raita, cream cheese.

CHILDREN SHOULD NOT BRING IN PEANUTS, SWEETS, CHOCOLATE BARS, CRISPS (OTHER THAN THOSE STATED BELOW)

ALL CHILDREN NEED A WATER BOTTLE FOR PLAIN WATER; NO FIZZY DRINKS OR SUGARY FLAVOURINGS

FIVE A DAY

A small pot or bag of the following – raisins, sultanas, dried apricots, dates or prunes.

Whole/ sliced fruit – Satsuma, quartered grapes, sliced apple, banana, pear, peach, plum, sliced strawberries.
Fruit salad pot, Fruit smoothie, Fruit jelly, Salad pot, Fruit snakes, winders, bar, Cucumber, carrot and celery

SNACKS

Small bag of tortilla chips, wotsits, pom bears, quavers (preferably baked or reduced fat), crackers, crispbread, rice cakes, cheesy biscuits, bread sticks, cereal bar.

Help your children to focus on the positives at the end of a school day and not focus on the negatives



Sleep is an essential part of feeling ready to face the day – calm bedtime routines (not devices or gaming) will help to start the day positively

ROAR



When children show resilience 'bouncebackability' in the face of adversity or challenge, they get to take ROAR home for the weekend! Parents/carers

please support your children in gaining their independence, taking responsibility for their actions and meeting challenges. We need to help our children understand that things may not always be easy or may not go their way; sometimes they will fail at things or lose a game or not be picked for something and sometimes decisions may be made that they don't like. Please help your children to deal with these situations and try to resist sorting it for them. We know it's hard to do, but it will help them in the long run.

BE THE BEST THAT YOU CAN BE...BE PROUD



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