



SENGKANG GREEN
Primary School



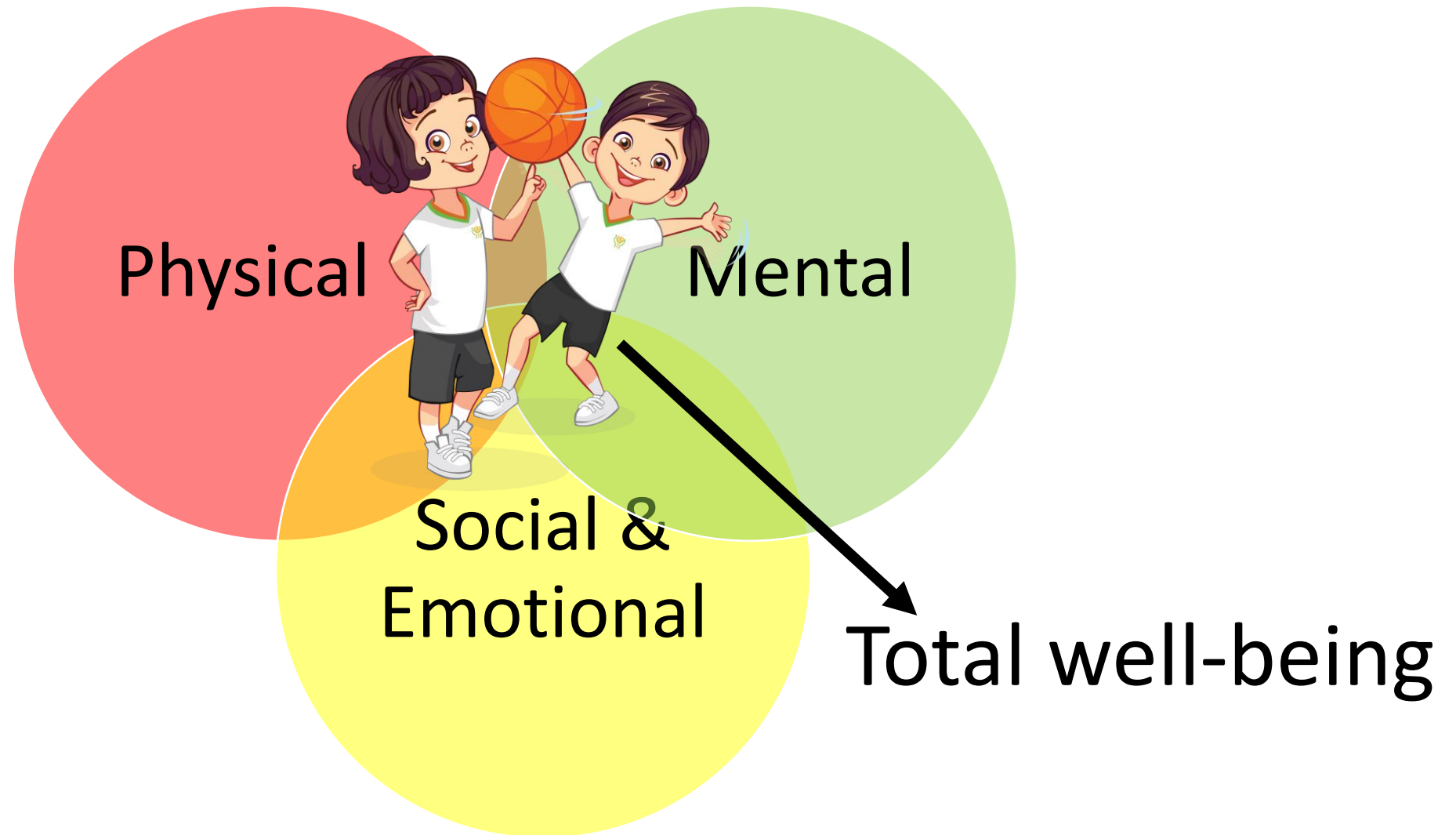
Holistic Health

School Theme -2024

“Becoming a Future-ready Learner
– Promoting Holistic Health”

What is Holistic Health?

Holistic health is an approach to wellness that simultaneously addresses the...



Why Holistic Health?

- **Develop the skills and attitudes to live healthily.**
- **Build students' motivation to sustain a healthy lifestyle even after they leave school.**
- **Be future ready to take on the challenges of life.**

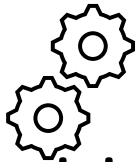


Knowledge



- Health and Fitness
- Healthy Diet
- Sufficient Sleep
- Safety

Skills



- Acquisition of movement skills
- Ability to make Healthy choices
- Problem Solving
- Healthy habits formation
- Emotional regulation



Attributes



- Resilience
- Perseverance
- Self-Confidence
- Motivation
- Positive outlook

Benefits of being healthy



- Fights Diseases
- Builds Confidence
- Improves Brain Health and Mood
- Reduces Stress
- Optimizes Performance
- Maintain Healthy Weight or Lose It

Starting healthy habits when children are young is particularly important because of the cognitive behaviour that takes place during this stage.

The cognitive behaviour model says that the way that we think about events in our life, influences the way we feel about them and therefore drives behaviour.

Developing student agency in Holistic Health

- to empower students to lead healthy lifestyles.
- take responsibility for their own health and well-being.
- to develop and adopt good health habits and attitudes.

A balanced diet



- Manage a healthy weight
- Support a strong immune system
- Increases energy levels
- Improve Mental Health and Wellbeing
- Enhance Mental Focus



RECOMMENDED SNACKS FOR YOUR BREAK



Healthy Sandwiches & Buns with "Healthier Choice" Logo



Biscuits with "Healthier Choice" Logo



Fruits (i.e. apple, banana, grapes)



Baked Mixed Nuts & Small Packs of Plain Cornflakes

Benefits of Drinking Water



- Water eliminates dehydration
- Improves mood, memory and attention
- Aids in digestion
- Reliefs fatigue
- Promotes healthy skin

How much to water to drink?

Recommended

8 glasses or approximately 2 litres of water per day.



The Importance of sleep for children.



Studies have shown that children who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health.

Getting adequate sleep

Recommended

At least 9 hours of sleep for children aged 6-13 years old

Pre-School 3-5 Years

10-13 HOURS



School Age 6-13 Years

9-11 HOURS



Tips to good sleep

- Follow a bedtime routine.
- Do a quiet family activity such as reading a short book.
- Listen to relaxing music.
- Keep the sleep environment comfortable.
- Avoid using electronics 30 minutes before bedtime.

School Student Parent Partnership



- Healthy habits formation
- Make healthy choices

Forming healthy habits

promote a healthy lifestyle through physical activity, good nutrition and quality sleep.

- Pack healthy snacks for snack break.
 - Bring water bottle to school.
- Practice good sleep .
 - Pick a family activity each week.

Thank you



<https://www.healthhub.sg/programmes/183/parent-hub>