



Wellbeing focus—sleep

A good night's sleep is vital if you want to lead a healthy lifestyle. Follow these simple tips:

1. You must get at least 8 hours sleep every night.
2. Exercise for a better sleep.
3. Cut out caffeine e.g. energy drinks/coffee
4. Do not eat too much too close to bedtime.
5. Establish a bedtime routine
6. Don't watch TV or use your phone or tablet just before bedtime.
7. Try to relax before bed.
8. Make sure that your bed is comfortable.
9. If you can't sleep tell your parents or GP.

Inspirational sportsperson



Jessica Ennis-Hill

Let's get sugar smart



We're all having too much sugar. Our children might seem fine on the outside, but too much sugar can lead to the build up of harmful fat on the inside that we

Too much sugar can cause tooth decay and lead to the build up of harmful fat on the inside that we can't see. This fat around their vital organs can cause serious disease in the future, like:

- Weight gain
- Type 2 diabetes
- Heart disease
- Some cancers

Find out more at:

www.nhs.uk/change4life

Personal wellbeing website

ChildLine 0800 1111: get help and advice about a wide range of issues, talk to a counsellor online, send *ChildLine* an email or post on the message boards.



www.childline.org.uk

Important sporting events

- 23-27 Nov:** Cricket -Australia v England, first Ashes Test.
- 26 November:** Formula 1 - Abu Dhabi Grand Prix
- 29 Nov-10 Dec:** Snooker - UK Championship, York
- 26th November:** Formula 1 - Monaco Grand Prix
- 2nd-6th December:** Cricket - Australia v England, second Ashes Test, Adelaide (d/n)
- 9-17 December:** Squash - Manchester
- 17th December :** BBC Sports Personality of the Year awards, Liverpool
- 14-18 Dec:** Cricket - Australia v England, third Ashes Test
- 17 Dec:** Boxing - Tony Bellew v David Haye, London
- 26-30 Dec:** Cricket - Australia v England, fourth Ashes Test.

Tips for healthy eating

Eat lots of fruit and veg: It's recommended that we eat at least five portions of a variety of fruit and veg every day. It's easier than it sounds. A 150ml glass of un-sweetened 100% fruit juice or smoothie can count as one portion, and vegetables cooked into dishes also count. Why not chop a banana over your breakfast cereal, or swap your usual mid-morning snack for a piece of fresh fruit?

Where to stay fit and healthy...

Saltley Wellbeing Centre

<http://www.birmingham.gov.uk/saltleyclc>

Lunch time activity award

Yousouf Celerier—TUR 7

Saltley Academy sportsman of the term

Farman Ullah Khan—CAD 3

Saltley Academy sportswoman of the term

Yasmin Gul—CAD 3