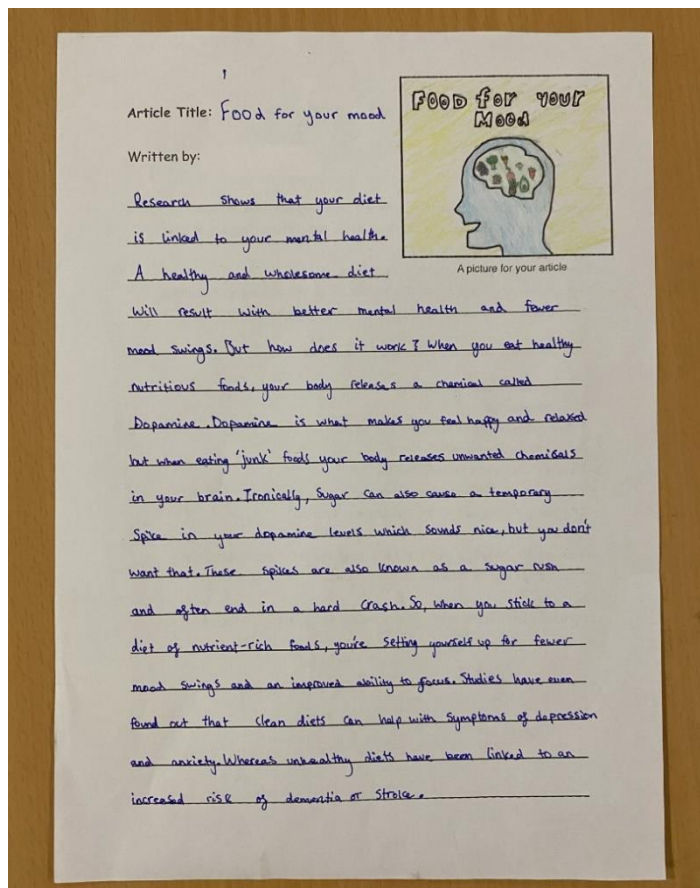


The core components of physical & mental health



In PSHE this term, Upper 3 have started their learning by focusing on the core components that contribute to their physical and mental health. Classes have explored lifestyle factors such as diet, sleep, exercise and leisure time. When moderated together in a balanced lifestyle, these 4 key factors can be the key to unlock sustained overall well-being.

We have taken time to think about what a balanced, healthy plate of food looks like, the key lifestyle factors which can impair good sleep, as well as the benefits to our bodies from getting plenty of exercise. Our learning then moved to highlight the link between taking care of our bodies and taking care of our mind.

Upper 3 have produced some impressive independent work, such as the article pictured above. This pupil decided to focus on the link between healthy eating and mental health. They did their own research and presented their findings in the form of a news article aimed at a casual audience.

Mr Ralph Widdop