

ISLAND SCHOOL WELLBEING

Activities to choose from for this week:

1. Lets celebrate your House photos !
2. Focus on what matters.
3. Unleash your inner dance.
4. PE department Bonanza.
5. Junk food, Food facts.
6. Dream away!
7. The mind is a muscle!
8. Thought of the day...



THRIVE



PHOTOS FROM YOUR HOUSE FEATURED IN THE SCHOOL NEWSLETTER

DAVINCI

SAMRIN MONAMI 10D



**LAURENCE
WONG 7D**

JONATHAN WONG 8D





PHOTOS FROM YOUR HOUSE FEATURED IN THE SCHOOL NEWSLETTER

EINSTEIN

TIFFANY TEH 9E



NATASHA LAM 7E

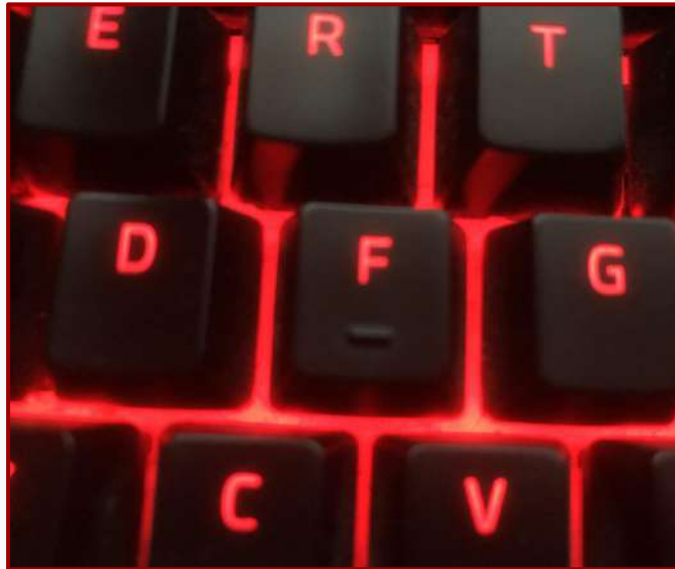
MEG HEALY-REEVES 7E





PHOTOS FROM YOUR HOUSE FEATURED IN THE SCHOOL NEWSLETTER

OM LOKE 10F



ANGEL WENXIN 7F

FLEMING

CLARISSA KI 11F





PHOTOS FROM YOUR HOUSE FEATURED IN THE SCHOOL NEWSLETTER

NANSEN

ELIZABETH NA 11N



BRODY ROESSEL 7N

ELIZABETH MING 10N





PHOTOS FROM YOUR HOUSE FEATURED IN THE SCHOOL NEWSLETTER

RUTHERFORD

MANASHYU GADIA 7R



CHRISTY RUSLI 8R

YAN CHI NG 9R





PHOTOS FROM YOUR HOUSE FEATURED IN THE SCHOOL NEWSLETTER

WILBERFORCE

TEDDY LIU 7W



RACHEL YOON 8W



ETHAN YAP 11W

Positive thinking
FOCUS ON WHAT MATTERS....

Build the lives we want in the time we've got!

Check out this TED talk:

[How to gain control of our time!](#) (11:30 minutes)



Have you ever said? 'I don't have enough time for that!' Is this just because it's not a priority? If someone offered you a million dollars, would you?!

How to use your time.

Planning your time is key, **put your priorities in your schedule first!**

- There should be 3 key priorities: relationships, work/study and yourself!
- Avoid killing time on your phone - those hours of scrolling soon mount up!
- Maximise time. Read a book or listen to a podcast on the way to work/school.
- **Make your own time tabs like in the image. Do what matters to you!**



Calling all you Hip Hop fans! Positive feel good workout...

- ❖ Get ready to unleash your inner dance and fitness beast with Hip-Hop Fit creator Mike Peele!
- ❖ This 30 minutes class is for everyone from beginners to advanced.
- ❖ Just get ready to push your mind and body to the next level!

No experience necessary!





PE DEPARTMENT BONANZA

Stay active over the holidays...

14 DAY HOLIDAY FITNESS

Click on the link each week to find the daily fitness challenges.

[Week 1](#)

[Week 2](#)

- ❖ Encourage your whole family to get involved.
- ❖ Have fun, stay fit and healthy during the holidays!

A vibrant, circular arrangement of colorful paint splatters in shades of red, blue, yellow, green, and purple, creating a festive and energetic background.

**A HEALTHY
AND HAPPY BODY
IS WORTH THE EFFORT**



Junk food - We know its bad for us so why do some of us still eat it?

“Fast and processed food is advertised like a quick and easy way to satisfy hunger, but it is time we recognize its dramatic harm on all facets of society.”

— Joel Fuhrman, MD

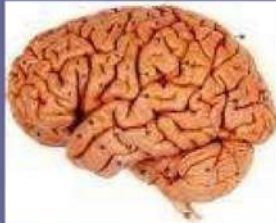


[Why we love junk food](#) (1:40 mins)

[Why do we have cravings?](#) (5 mins)

Harmful Effects Of Junk Food

- Intellectual & Mental Disturbances
- Lack of Concentration
- Headaches
- Increased Irritability
- Early Fatigue



FACTS ABOUT JUNK FOOD

ONE MEAT PIE

= 3 SERVES OF JUNK FOOD AND 4 TEASPOONS OF FAT



A PIZZA AND A SOFT DRINK FOR DINNER?



THAT'S DOUBLE AN ADULT'S MAXIMUM DAILY SALT LIMIT.

And an adult's entire daily energy (kilojoule) needs.

If you had one sundae for dessert every night over a year you will eat

18 KILOS OF SUGAR



One cafe style muffin can contain 10 teaspoons of sugar and 1/4 of your daily energy requirements



34%

of the average household food budget is spent on fast food and eating out

ON AVERAGE AUSTRALIANS EAT FAST FOOD OR DINE OUT



2-3 times per week

That's 2.5 billion meals eaten out each year

16 TEASPOONS OF SUGAR IN A 600mL BOTTLE OF REGULAR SOFT DRINK



17 TEASPOONS OF FAT

in one serve of fish and chips



\$900+

The amount you will spend in one year if you buy one chocolate bar every day



35% OF ADULT'S AND 39% OF CHILDREN'S DAILY ENERGY INTAKE COMES FROM JUNK FOOD
For most people, there is no room for junk food in a healthy diet

The power of dreams

Why Do We Dream?

Our brains are often more active here than when we're awake! Here we retain memories and learning, develop creativity.



What happens when we dream?

Dreams allow us to find creative solutions- being told to “sleep on it” does work! Many musicians, scientists, authors have come up with their ideas in a dream!

Dreams have been proven to help us deal with our emotions: developing resilience and helping us recover from trauma.

Check out this 5 minute video about why sleep helps us to remember what we have learnt!




SLEEP STAGES

STAGE 1 Falling asleep/light sleep 

STAGE 2 Heart rate slows and body temperature drops 

STAGE 3&4 Deep sleep, muscles and tissues repair 

R.E.M. Body is paralyzed and dreams begin 

“The mind is just like a muscle – the more you exercise it, the stronger it gets and the more it can expand.”

Idowu Koyenikan

Mindfulness : Engaging both sides of the brain is a good way to energize yourself.
We will often favour one side of our brain!

Which one are you?

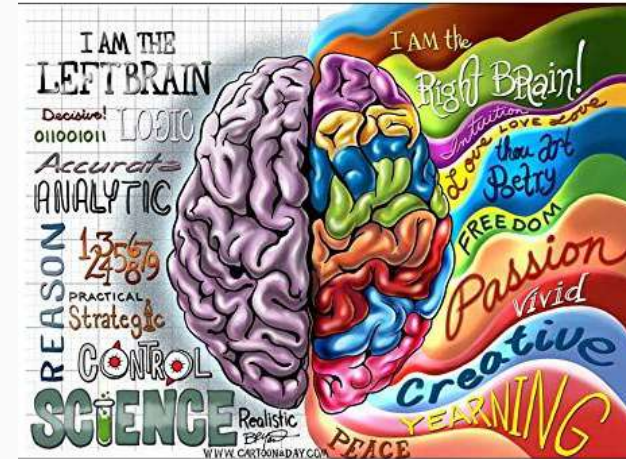
Brain break ! Blink & Snap

1. Blink your left eye while simultaneously snapping your fingers with your right hand.
2. Then, blink your right eye and while snapping with your left hand.
3. Try to blink one eye while snapping on the opposite hand, 15 times in a row alternating eyes.

What other ways can you coordinate your left and right side?! Can you think of fun ways to energize both sides of the brain?

Left side: try doing puzzles and practical tasks.

Right side: try learning something new or creative tasks.



Happy Holidays... Have a well
deserved break, you have earned it!

A purple-to-pink gradient rectangular box with a white border, containing the text "Thought of the Day" in a white cursive font. The box is centered over a background image of a beach and sky.

Thought of the Day

A wide-angle photograph of a beach. The foreground is a vast, flat expanse of golden sand. In the middle ground, the ocean waves are breaking, creating white foam. The sky is a deep blue, filled with large, fluffy white clouds. The entire image is framed by a thin orange border.

Time to recharge...

From the wellbeing team!...

