

ROYAL CHARLES SCHOOL

WELLNESS

  MONTH  



May is Wellness Month at Royal Charles School. Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life.

To help our students become more aware of the actions they take throughout the day that impact their wellness, we have organized four weekly, health-based challenges (one for each week in May).

The four areas that our Wellness Month's challenges will focus on are *Hydration*, *Exercise*, *Mindfulness*, and *Sleep*.

Each Friday in May, a special Wellness newsletter will be sent to you to inform you of the following week's challenge, as well as provide you with additional information on the impact each challenge's theme can have on your child's overall levels of wellness.

We hope that you enjoy the information and challenges we have created for your child. More importantly, we hope that these challenges will help our students adopt healthy, active lifestyles throughout their lives.

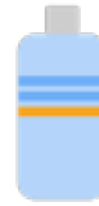
Thank you in advance for your cooperation and support. If you have any questions, please email Mr Joey at joey.feith@rsb.qc.ca.

Sincerely,

The Royal Charles Team



HYDRATION



Drinking enough water to stay properly hydrated is something that we often forget to do.

That being said, there are several reasons why we should make sure to stay hydrated throughout the day.

Aside from quenching our thirst, consuming enough water can help improve digestion and kidney function, prevent fatigue and headaches, increase brain function and heart health, and even protect our joints and cartilage.

To help our students be more aware of the amount of water they drink throughout the day, our first Wellness Month Challenge will focus on hydration. Here's how it will work:

Each child *will need a 500ml reusable water bottle*. We will provide the students with three elastic bands (two blue and one orange). Students will attempt to drink 1L of water each school day (making sure to pace their drinking throughout the day). Each time they finish a bottle of water, they will move one blue elastic above the orange elastic (see the graphic at the top of this page).

We will also be posting urine colour infographics in the school's bathrooms to help students assess their own levels of hydration.



EXERCISE



Although we all seem to know that exercise is good for us, few of us actually take the time to exercise on a daily basis.

Aside from improvements in physical fitness, exercise can help reduce stress and anxiety, boost endorphins (the body's happy chemicals), improve self-confidence and self-worth, and increase brainpower and creativity.

In our second Wellness Month challenge, Royal Charles is going to help our students start an exercise routine by having the entire school participate in daily, 30 minute sessions of moderate to vigorous physical activity (MVPA).

This activity will include running, group fitness, yoga, dance, and sports play.

We encourage you, as parents, to keep this activity going at home to help our students reach the 60 minutes of daily MVPA recommended by Physical and Health Education Canada.

This activity can include anything from family walks, to bike rides, to playing in the park. Make it fun!

Only by working together, we can ensure that our students/children grow up to lead healthy, active lifestyles.



MINDFULNESS



Mindfulness can be defined as the gentle effort of being present with each moment.

As “hippy” as that might sound, there are actually quite a few impressive benefits to practicing mindfulness through meditation.

Practicing meditation on a regular basis can help reduce stress and anxiety, increase focus and memory, boost creativity and compassion, and even lead to an increase of grey matter in the brain (which can lead to more positive emotions, longer-lasting emotional stability, and heightened focus during daily life.)

To help initiate our students to meditation, our students will be doing 10 minutes of guided meditation every day for the next week.

We will be following [Headspace’s free “Take 10” 10-day meditation program](#). You can access the program, follow along, and encourage your child to complete the ten day program by signing up for a free Headspace account.

By forgetting about the stereotypes commonly associated to meditation and seeing it as an exercise for the brain, we can all start adding this great activity to our habits, feeling its benefits, and living more mindfully.



SLEEP



Sleep is our body's way of recharging and getting ready for another day of life.

However, getting a good night's rest isn't always easy. Worst of all, lack of sleep can have a serious impact on our health. This impact can include lack of energy, increased risk of diabetes and/or obesity, as well as increased blood pressure and stress.

There are a lot of things we can do to help ensure that we are getting enough quality sleep every night. This can include showering before bedtime, keeping a clean room (or at least bed), avoiding all screens an hour before bed, exercising throughout the day, and even having a warm drink before hitting the hay.

To help our students keep track of the quality of their sleep, and make sure they are getting enough of it, this week's Wellness Month challenge will have our students filling out simple sleep reports every morning.

Students who are not getting enough quality sleep during the night will be provided with strategies to help improve their sleep patterns and enjoy the benefits of regular, high-quality sleep (which include improvements in mood, attention, memory, and reductions in anxiety, stress, and depression.)