



RISE



MHST

Mental Health in Schools Team (MHST)

Tips For Wellness:

Nutrition

What we eat and drink not only affects our physical health but the way we think, feel and behave. Having a balanced and nutritious diet is an excellent way of taking care of our physical and mental wellbeing.

Try one, or both, of the below activities throughout this week:

1. Make a list of how many foods you eat in each food group over this week:
Fruit and Vegetables, Carbohydrates, Proteins, Dairy, Fats and oils
2. How much do you know about what makes up a healthy diet? Try this quiz to find out: <https://create.kahoot.it/share/3f10b8bd-9947-47a6-bee1-1930f988c273>

Useful link - Eat well - NHS (www.nhs.uk)

Key dates this month:

Walk All Over Cancer Month

30th World Bipolar Day

29th-4th World Autism Awareness Week

2nd World Autism Awareness Day

3rd Walk To Work Day

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.