KICK START HIGH SCHOOL

with 8 easy tips

a healthy body = a healthy mind

1 Get moving

Being active helps you manage stress.

- Walk or ride to and from school
- Play a sport or an active game during lunch
- Throw on some music and dance
- Use stairs instead of lifts of escalators
- Take regular, active breaks from screens - your body and mind will thank you!

2 Eat brekky every day

A healthy breakfast gives you energy to start your day.

- Make breakfast a priority each morning
- Try some weet-bix or wholegrain toast
- On the go? Have a glass of plain milk and grab a banana
- Remember – energy drinks aren't breakfast

3 Get vaccinated

Don't freak out! This is important stuff and it could save your life.

- Thousands of Year 7 students get vaccinated each year and this is what some say:

> I expected it to be more painful, but it felt like a pinch.

> I felt brave afterwards – there's nothing you can't do. Just do it.

> Try not to over react - it protects you.

- For vaccination day - bring a positive attitude, a belly full of brekky and your water bottle

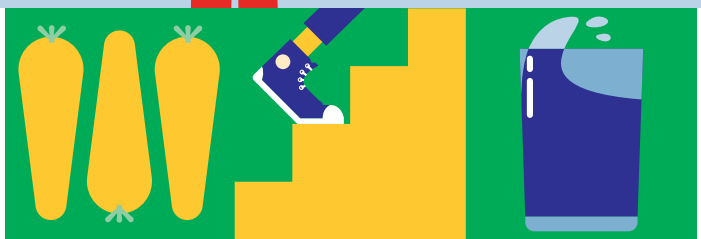
Any questions?
Contact the Immunisation Team on 1300 066 055

4 Drink water

Your brain works better if you drink enough water.

- Stick to tap water for a healthy smile
- Carry a water bottle with you
- Drink tap water with meals
- Avoid sugary drinks

Developed by Western Sydney Local Health District, Centre for Population Health



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5 Eat well

Fuelling your body with the right food means you'll have longer lasting energy.

- Eat more veg and fruit every day
- Eat less high-sugar and fatty foods
- Prepare your lunch at home
- Help cook dinner

6 Follow your gut

Walking away when your gut tells you something's not a good idea is a smart move.

Some examples:

- Bullying someone
- Being offered a vape or smoke
- Skipping school

7 Stay fresh & clean

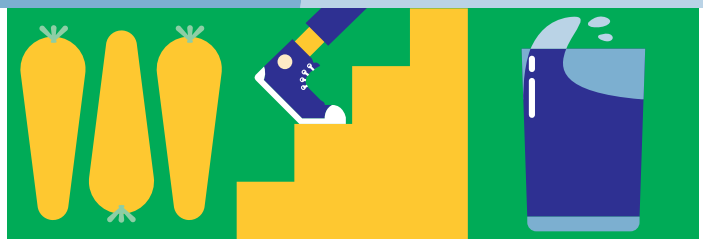
Good personal hygiene can help protect you and others from getting sick.

- Wash your hands before handling food and after the bathroom
- Brush your teeth morning and night, and floss once a day
- Shower or bath regularly
- Consider using deodorant

8 Get to bed!

You're more likely to listen in class if you're not tired and grumpy.

- Get at least 8-10 hours of sleep a night
- Set a bed time
- Avoid/limit caffeine after midday
- Switch your phone to silent and face it down



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