

Happy Healthy You competition

Help us support **Self Care Week 2018** by designing a piece of bunting!

The **Happy Healthy You competition** promotes healthier lifestyles for young people and is open to primary school children in the Basildon and Brentwood districts. It's one of many local events planned for Self Care Week 2018 from 12-18 November.



What you have to do

Help us spread the message about the importance of Self Care by designing a piece of bunting that shows us all the things you do to try and keep yourself fit and healthy.

What you could win*

In Basildon we have partnered with Everyone Active – Basildon Sporting Village to offer the winning child from a Basildon school or youth organisation a pool party for their class or youth organisation (maximum 30 children) PLUS £50 for their school or youth organisation.

In Brentwood we have partnered with the Brentwood Leisure Trust to offer the winning child from a Brentwood School or youth organisation a football party for their class or youth organisation (maximum 30 children) PLUS £50 for their school or youth organisation.

The competition offers the opportunity for schoolchildren to play an active part in Self Care Week 2018. Entries will be displayed at various local venues after the competition.

How to take part

Schools can download an entry pack, along with a range of information, resources and activities about self care at www.basildonandbrentwoodccg.nhs.uk

Post your entries to:

**Self Care Week Competition,
NHS Basildon and Brentwood CCG,
Phoenix Place,
Christopher Martin Road
Basildon SS14 3HG**

Closing date for entries:

Monday 19 November 2018

***see terms and conditions page**

Our **Happy, Healthy You competition** is in partnership with:

everyone
ACTIVE

 **Brentwood Leisure Trust**

Happy Healthy You competition terms and conditions

Entry is open to primary school aged children who reside or attend a school or youth organisation in the borough of Basildon or the borough of Brentwood.

Entries can be submitted by individuals (with signed parental/guardian consent), or submitted collectively by schools/youth organisations taking part.

The postal address for entries is: Self Care Week Competition, NHS Basildon and Brentwood CCG, Phoenix Place, Christopher Martin Road, Basildon SS14 3HG.

No responsibility can be accepted for entries lost, damaged or delayed in the post.

The prizes are as stated:

In Basildon we have partnered with **Everyone Active – Basildon Sporting Village** to offer the winning child from a Basildon school or youth organisation a pool party for their class or youth organisation (maximum 30 children) PLUS £50 for their school or youth organisation. All children using the inflatable equipment must be competent swimmers. Each child will be required to undertake a swim competency test at the start of the session. Non swimmers will be allowed in the shallow section of the pool to play with toys.

In Brentwood we have partnered with the **Brentwood Leisure Trust** to offer the winning child from a Brentwood school or youth organisation an outdoor football party for their class or youth organisation (maximum 30 children) PLUS £50 for their school or youth organisation.

Dates are subject to availability.

The outdoor football party will be held at the Brentwood Centre. The swimming party will be held at Basildon Sporting Village or Wickford Swim and Fitness Centre.

The parties DO NOT INCLUDE FOOD but water and fruit/raw vegetables will be offered. The winners and their school/youth organisation are responsible for any expenses and arrangements not specifically included in the prizes.

Parties must be arranged by the school/youth organisation directly with Everyone Active (Basildon) or Brentwood Leisure Trust (as applicable). Party attendees (parents/guardians/school organisers/youth organisation leaders) must comply with the rules and regulations of the sports centre they are attending.

The winning entries will be judged by a panel of judges from Basildon and Brentwood CCG, Everyone Active and Brentwood Leisure Trust.

The closing date for entries is Monday 19 November 2018.

The competition is organised by NHS Basildon and Brentwood Clinical Commissioning Group, Phoenix Place, Christopher Martin Road, Basildon SS14 3HG, in partnership with Everyone Active and Brentwood Leisure Trust.

**CHOOSE
SELF CARE
FOR LIFE**



NHS

**Self Care Week
12-18 November**

Design your bunting about keeping fit and healthy on this side - keep within the lines



Post your entries to:

Self Care Week Competition,
NHS Basildon and Brentwood CCG,
Phoenix Place,
Christopher Martin Road,
Basildon SS14 3HG



SELF CARE WEEK INFORMATION AND RESOURCES FOR PRIMARY SCHOOLS

What is Self Care Week?

Self Care Week is an annual national awareness week that focuses on embedding support for self care across communities, families and generations.

***Choosing Self Care for Life is the strap line* and organisations are being encouraged to use Self Care Week as a hook to help people choose self care for a healthier, happier life.**

What is Self Care?

More needs to be done to support people to better look after their own health. Empowering people to self care has many benefits for their short term and long term health and this is important since people are living longer. Helping people to look after their own health, and their family's health also helps to manage demand on health services.

Self care can mean the following things:

Eating well / healthy eating – Eating well and healthily helps your mind and body to stay well. The right amount and types of food helps you to grow properly and your brain develop normally. Find out more tips on eating well: <https://www.nhs.uk/live-well/eat-well/>

Live Well – There's lots you can do with your family to live well, including trips to the park, getting out and about etc. See some tips here: <https://www.nhs.uk/live-well/healthy-body/>

Take regular exercise – Children should have at least 60 minutes of exercise a day and adults at least 30 minutes. See here how you get keep fit and healthy and encourage your family to join in too: <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

Prevention – If you have a long term condition, such as asthma, diabetes or a heart condition you are entitled to a flu jab. If you don't have a flu jab and contract the condition, the effects can be very serious. www.nhs.uk/flu Ask your GP or pharmacy for your free vaccine.

You can prevent becoming ill with common illnesses, like upset stomachs or colds by regularly washing your hands and using a tissue to catch sneezes, for example.

Other Useful Links

Self-Care for Colds

http://dev.selfcareforum.org/wp-content/uploads/2017/10/1603_PAGB_Feel_Better_6pp_MASTER_screen.pdf

(continued overleaf)

Self Care Resources

<http://www.selfcareforum.org/events/self-care-week-resources/>

Ideas for Lesson planning

- <http://www.primaryresources.co.uk/pshe/pshe3.htm#health>
(Keeping Healthy presentation)
- [BBC Bitesize – What do humans need to eat to stay healthy?](#)
- <https://www3.hants.gov.uk/bi4l-theme5.pdf>

Physical activity for children and young people (5 – 18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS



MAKES
YOU FEEL
GOOD

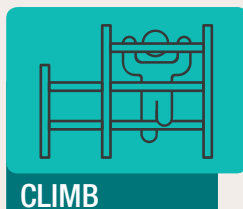
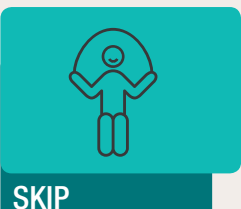
Be physically active

Spread activity
throughout
the day

All activities
should make you
breathe faster
& feel warmer



Include muscle
and bone
strengthening
activities
**3 TIMES
PER
WEEK**



Sit less



Move more

Find ways to help all children and young people accumulate
at least 60 minutes of physical activity everyday