



PSHE Takeaway Pack

PERSONAL HEALTH AND WELL-BEING

Personal Hygiene

Activity: Reflect briefly on what you understand about personal hygiene? What steps have you taken to maintain personal hygiene today?

Next, watch this clip: <https://www.youtube.com/watch?v=8ENI6yhTahg>

Keep your hands clean:

The Coronavirus pandemic has made us all very aware of the importance of keeping our hands clean. After all, we constantly touch objects and surfaces throughout the day and also use our hands for preparing food. Although we try to avoid touching things which are dirty, the reality is that our hands naturally pick up thousands of bacteria throughout the day. Regular and thorough washing of our hands has always been important, even before the pandemic, and keeping a small bottle of hand sanitiser on you is a really good habit for when soap and water is not readily available. We all know the obvious; the importance of washing your hands thoroughly with soap after every bathroom trip, but some things are less obvious – has your dog dribbled on you? Have you recently coughed or sneezed? Are you about to prepare or touch food?



Regular washing and use of sanitiser helps prevent all sorts of things, from more serious diseases, to simple stomach bugs and the common cold. Even if you choose to keep your nails short, remember that nails can also become a bacteria 'trap', so pay attention to the tips of your fingers and consider a nail brush for more stubborn dirt (after gardening, for example).

Watch this clip from BBC Newsround:

<https://www.bbc.co.uk/newsround/51698180>

Keep your mouth healthy and fresh:

Cleaning your teeth twice a day is an obvious thing that most people do. It is important for all sorts of reasons. Bad breath can be caused by dehydration as well as lack of brushing, so be sure to drink enough water too. Flossing is also an excellent habit – it can help with bad breath and dental infections. Don't enjoy a trip to the dentist? Floss every day and you won't need to visit as much!



Activity: which of these statements do you think are true or false? (Check below for answers)

Statement	True	False	Sometimes
1. If your gums bleed, leave them alone			
2. Brush your teeth straight after breakfast			
3. The harder you brush, the more healthy your teeth will be			
4. You can blame tooth decay on your genetics			
5. Chewing sugar free gum is good for your teeth			

1. FALSE. Bleeding gums are often inflamed by bacteria, so it's time to floss more (gently). If in doubt, see your dentist.
2. SOMETIMES true. Dentists don't always agree on this. If you brush before breakfast, the fluoride in your toothpaste will protect your teeth from the sugars in your breakfast. However, brushing afterwards will remove these sugars and stop them sitting on your teeth throughout the day. Remember that some acids like orange juice can soften your enamel, so when brushing after breakfast, give it an hour or so.
3. FALSE. Protect your gums and enamel by brushing thoroughly but lightly.
4. SOMETIMES true. 60% of decay can be down to genetics, but you still need to brush and floss carefully.
5. TRUE. Chewing produces saliva, which naturally protects your teeth.

DENTAL CARE TRUE/FALSE ANSWERS



Bath or shower every day:

There is nothing more relaxing than a hot bath or shower, which means that taking these every day contributes to both your personal hygiene and your wellbeing. Did you know that sweat itself does not smell? The problem occurs when sweat reacts with natural bacteria on your skin, giving off a bad odour. Therefore, take time to wash all over, paying attention to areas that sweat and bacteria accumulate, such

as the armpits, feet and intimate area. Some people have more sensitive skin, so choose a shower gel or soap which is gentle (or possibly fragrance free). Using soap or gel on your intimate area can actually disrupt the natural balance of chemicals given off by your body, so consider a special product for use here, or stick with just water.

Some people have more oils in their skin and hair than others- everyone is different! You may need to wash your hair every day to keep it feeling clean, or perhaps every other day is just fine for you personally. Experiment with what works for you and keep an eye out for shampoos designed especially for hair which is oily, dry or somewhere in between. Remember that oils are a natural part of a healthy body, so there is no need to remove them completely! It is true that some people are also prone to dandruff (flaky skin on the scalp). This can be annoying and cause some embarrassment, but it's very common indeed. With many anti-dandruff shampoos available, you can easily pick one up the next time you are at a shop.

After your shower, dry thoroughly with a clean towel and put on some clean clothes. It is especially important to replace socks and underwear every day.

A note about.... Puberty:

Puberty happens between the ages of 8 and 18. Some people take longer to change than others and some may start or finish earlier or later. We all go through emotional and physical changes which take us from a child to an adult. As your body changes, so will your personal hygiene needs. For example, you may find that you sweat more and produce more oils in your skin and hair. You will also have to be mindful of good hygiene during menstruation (your monthly periods). But don't worry- you will soon get used to everything!

In your September PSHE takeaway pack, you learnt a little about LGBTQ; be aware that puberty can bring about new feelings regarding your gender and sexual orientation.

If you have any questions or concerns about puberty, please speak with a trusted adult at home, or your teacher- we are here to help! There are also some useful web links at the end of this pack.

Healthy Eating and Exercise

You may recognise some of this information from the Personal Safety information released to you in July. This is because maintaining personal health is also a key part of staying safe. Please look back at the Personal Safety booklet if you need to, or ask your teacher for another copy.

To begin, watch this video clip: <https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/ztsqfcw>

Healthy Eating

Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best. This means eating a wide variety of foods in the right proportions, and consuming the appropriate amount of food and drink to achieve and maintain a healthy body weight.

Fruit and vegetables are a good source of vitamins, minerals and fibre. We should have 5 portions per day, making up over a third of the food we eat. Fresh, frozen, tinned, dried or juiced all count! Remember that fruit juice and smoothies should be limited to a combined total of 150ml a day.

Starchy food should make up just over a third of the food we eat. Choose higher fibre wholegrain varieties, such as whole-wheat pasta and brown rice, or simply leave skins on



potatoes. There are also higher fibre versions of white bread and pasta available to buy. Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.

Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins, and they're also an important source of calcium, which helps keep our bones strong. Try to go for lower fat and lower sugar products where possible, like 1% fat milk, reduced-fat

cheese or plain low-fat yoghurt.

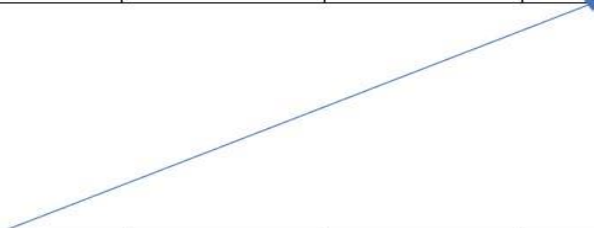
Choose lean cuts of meat and mince, and eat less red and processed meat like bacon, ham and sausages. Aim for at least 2 portions of fish every week, 1 of which should be oily, such as tuna or mackerel.

If you are vegetarian or vegan, you should try to find the right alternatives to keep your diet balanced. For example, pulses, such as beans, peas and lentils, are good alternatives to meat because they're lower in fat and higher in fibre and protein, too.

When we are busy and have not planned our meals, we end up grabbing snacks or foods which do not give us a good overall balance. Think ahead to the coming day (or days) to

ensure that you can balance healthy foods with treats and make sure that you have good foods ready to eat in your cupboard at home.

Activity 1: Use your learning to complete the table below:

Key word:	Link up: (draw arrow)	Nutrition type definition:	Foods in this group:	An example of how this nutrition type can actively benefit our own bodies:
Carbohydrates		Your body uses protein to build and repair tissue.		
Protein		This aids digestion and helps keep you regular with your stools.		
Vitamins and minerals		This stores our energy, keeps us warm and helps protect our organs.		
Fibre		These provide your body with energy, such as glucose and sucrose.	Cereals, grains, crackers, pasta, potato, bread	Eating pasta for lunch can help you have the energy to take part in sport
Fats		These essential nutrients do hundreds of things, e.g. help your immune system, help convert food to energy.		

Activity 2: Use the information above to write a healthy eating plan for the coming week. Think about:

- Breakfast before school
- Your lunchbox
- Healthy snacks
- How you could talk to your parents to help plan healthy evening meals.

Some great simple recipes to get you started can be found at www.nhs.uk/change4life/recipes

Exercise

It can be difficult to be active at the best of times, especially with a busy start to the new school year, family commitments and extra-curricular activities. However, daily exercise improves our mental health and wellbeing; it also improves our ability to focus, our selfconfidence and our quality of sleep.

Try to take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and strengthen your bones. Reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should increase your heart rate, making you breathe faster and feel warmer.



To help you stick to the plan, set aside times when you will feel more energetic and be able to exercise without distraction (remember that the evenings will be getting darker as we move through the autumn). Some of your favourite music can help you feel motivated and exercising with friends (at a safe distance) can be especially fun!

The NHS has some clear and excellent guidelines (below) on how much exercise young people should do and some great ideas on what sort of exercise 'counts'. There is something for everyone!

Activity: Open these links from the NHS and create a one week exercise plan, using headings from the grid below.

<https://www.nhs.uk/live-well/exercise/> <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

When and Where?	How Long?	Who With?	Music?	Activity?	Treat?

Healthy Body, Healthy Mind

Some people enjoy excellent mental health, whereas others do not. For a number of people, they are mostly mentally healthy, but have times when they struggle and need to work to monitor and restore their mental wellbeing.

In a similar way to how you sometimes feel physically unwell, this is completely normal! Just because we cannot 'see' our mind, it doesn't mean that good mental health habits are any less important than taking care of our actual bodies. If you need help or advice, please use the links at the end of this pack, or speak to a friend or adult. There is so much support available.

Sometimes, stressful events in life can cause problems, but we are all individuals with our own triggers. The important thing is that we can recognise how our own minds work, so that we can try

to spot problems before they begin. Often, these triggers are related to anxiety, which makes us feel uncertain, 'on edge' or fearful. Over time, anxiety can leave us emotionally drained and depressed. However, there is good news: anxiety can learn to be controlled. We also have to remember that anxiety is a very natural human emotion and can, at times, cause us to respond better to a situation (for example, running away when we are in danger, or working a little harder towards that big exam).

Activity: Below are some anxiety triggers as reported by real people (you can see that we are all different!). Identify which would be stressful to you personally and consider how you might respond to them.

Trigger	Is this a trigger for me?	How could I help address this?	Where could I get further help?
"I get anxious when I hear an ambulance"			
"My performance at school or work"			
"Crowds or meeting new people"			
"Arguing with my friends"			
"My social media accounts"			
"Being away from home"			
"Money worries"			
"Flying"			
"Worrying about the health of my family"			

Our minds are very complex and it can be difficult to know where to start when evaluating and caring for our mental health. However, the following advice is taken from the website of the charity www.Mind.org.uk. They list 5 simple ways in which well-being can be achieved:

- Connect with people
- Take notice of the lovely things around you (*nature, or your favourite meal, for example*)
- Keep learning (*there are lots of opportunities at school!*)
- Be active (*see ideas above in this booklet*)
- Give to others around you (*check out the volunteering links at the end of this pack*)

These things may take some work. They are not always easily achieved and you may have to find a little extra effort and time to connect with others, for example. You will also have to think about *how* you connect with them; technology and social media can be really great, but is total reliance on social media the best way forward?



Resilience

We have to accept that set backs will happen. There are times when we will feel upset, anxious or slightly depressed, despite our best efforts to avoid these emotions or the triggers which cause them. We may feel down for a few hours or even a few days. But then we need to try and bounce back. Working to develop resilience will help you recover from setbacks, but also, over time, help prevent them from happening. However, if you feel a prolonged sense of sadness, or you just don't feel yourself, always tell somebody. There is so much support available.

Activity 1: Watch the clips below and make a mind map of the ways in which someone can try to adapt to difficult situations and show resilience.

<https://www.youtube.com/watch?v=C1UCI2ZHEqw>

<https://www.youtube.com/watch?v=yyX6UULJEic>

Activity 2: Reflect on the following questions:

1. Describe a goal you are trying to achieve
2. What setbacks, anxieties or problems could you encounter along the way?
3. How could you try to avoid or overcome these?

Often, building resilience involves many of the things covered in the first parts of this takeaway pack: eating and exercising well (to remain strong and energetic); connecting with friends; and learning about and appreciating the world around you. *It's all connected!*

Now that you have reached the end of this takeaway pack, take time to reflect on the following questions:

What are your best habits in terms of your personal hygiene, exercise routine and eating habits? How do these improve your mental and physical health?

What can you do to make these even better and enjoyable?

How can you support your friends in maintaining good habits?

If you have any questions or want to talk to someone about the content covered in this PSHE booklet, please do speak with a trusted adult or teacher, or use some of the web links provided at the end of this takeaway pack. The Student Focus Centre also has an excellent bank of resources available to support you at school.



All images taken from <https://pixabay.com>

Useful Links

<https://youngminds.org.uk/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

<https://www.randomactsofkindness.org/>

<https://www.kooth.com/>

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

<https://www.brook.org.uk/your-life/puberty/>

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>