

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 or 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

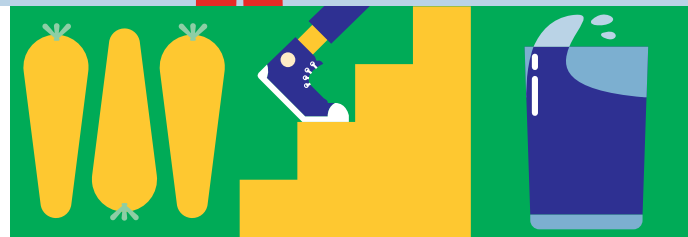
8 glasses

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

