



# Språkskolan's work with Keeping Healthy

Theme: Keeping healthy - 2017



## Keeping healthy

We all know that a good health is important, but how do we keep healthy? How do we give our children a good base within this subject so that they can lead a healthy lifestyle?



The mind and body are connected. To have a healthy body you must also have a healthy mind, and vice versa.

At school we think about the health and ecology aspect of our work. During our home ec. class



we talk about the food we cook, where it comes from and why it is important. We also have lectures and talk about what food is good/bad for you and its nutritional value.



*A morning walk.*

In school we have physical education class as well as morning walks and "röris" – which is a small break you take during class where you get to stand up and move your body with for example a dance. This small break helps you from sitting still in the same position for too long, you get better focus afterwards and you get a small stretch.

We choose to have a lot (as much as possible) of organic ingredients in our school lunch and less processed foods. Good and nutritious food makes us feel better and more alert.

### **It starts at home**

We do everything we can in school to educate and encourage our students and staff to get healthier habits, but the real work starts at home.

