



9/9/16

Dear Parent/Guardian

Immanuel staff (in partnership with you) wants the best for your child. With the focus on physical activity (through the Premier's Be Active Challenge) I would like to take this opportunity to give information and tips about general health and wellbeing and together we can provide the foundation for healthy and happy children.

## Premier's Be Active Challenge

This week the students have begun the Premier's Be Active Challenge. The Challenge is to do at least **60 minutes of physical activity** on at least **5 days** of the week for **4 weeks**. After 4 weeks of daily physical activity students will be **rewarded with a medal**.

Your child's teacher will manage the Challenge and provide opportunities for your child to be physically active. If you have any questions regarding the program please don't hesitate to ask your child's teacher or myself [simonw@ilsg.sa.edu.au](mailto:simonw@ilsg.sa.edu.au). If your child has been absent please encourage them to be active for 60min so they can then tick the appropriate box once back at school. If the child was absent and unable to do the physical activity due to illness please encourage them to be active on the weekend to make up for the days missed.

## Physical Activity

The Premier's Be Active Challenge is based on the Australian Government's **Physical Activity and Sedentary Behaviour Guidelines**.

For **health benefits** (which include mental wellbeing and academic achievement), children aged 5-12 years should accumulate at least 60 minutes of moderate to vigorous intensity physical activity every day.

- Children's physical activity should include a variety of aerobic activities, including some vigorous intensity activity.
- On at least three days per week, children should engage in activities that strengthen muscle and bone.
- To achieve additional health benefits, children should engage in more activity – up to several hours per day.

## Sedentary Behaviour

To reduce health risks, children aged 5-12 years should minimise the time they spend being sedentary every day. To achieve this:

- Limit use of electronic media for entertainment (e.g. television, seated electronic games and computer use) to no more than two hours a day - lower levels are associated with reduced health risks.
- Break up long periods of sitting as often as possible.

## Diet

According to the *Dietary Guidelines for Children and Adolescents in Australia* Children and adolescents should be encouraged to:

- Eat plenty of vegetables, legumes and fruits
- Eat plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain
- Include lean meat, poultry and/or alternatives
- Include milks, yoghurts, cheeses and/or alternatives.
- Reduced-fat milks should be encouraged (not suitable for children under 2)
- Choose water as a drink

Care should be taken to:

- Limit saturated fat and moderate total fat intake.
- Choose foods low in salt
- Consume only moderate amounts of sugars and foods containing added sugars

## Sleep

**Sleep Recommendations for School-aged Children (6-13 years) *National Sleep Foundation***

Children aged 6 to 13 need **9-11 hours of sleep**. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioural problems such as ADHD and cognitive problems that impact on their ability to learn in school.

**Sleep Tips for School-aged Children**

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep – dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine.

Kind Regards

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