

you've got this!


My Health Plan



NAME: _____

CLASS: _____

Here are your documents!

 Show them to your parents and keep them in a safe place!

 Health screening results

 Lifestyle goals

You may also receive a:

 Vaccination report

 Referral letter

Hello, little heroes!

I am Captain Happy!

Remember what you discussed and agreed to work on with the friendly doctor or nurse at your school health screening?

That's great! I am here to help you stay active, eat well, reduce your screen time, and get enough sleep. This will help you stay strong, healthy, and happy — just like me!

Let's turn the page and get started!





AVOID SCREEN USE DURING MEALS AND AT LEAST ONE HOUR BEFORE BED!



CHOOSE HEALTHY FOOD INSTEAD OF FRIED SNACKS!

EAT YUMMY FRUITS AND

GLOW with good HEALTH LIKE ME

HAVE TWO SERVINGS OF FRUITS AND TWO SERVINGS OF VEGETABLES EVERY DAY!

PLAIN WATER IS THE BEST!

AVOID SWEET DRINKS WITH ADDED SUGAR AS THEY ARE UNHEALTHY.

WHAT SHALL WE DO NEXT? WANT TO PLAY CATCHING?

I THINK I'LL TAKE A NAP IN THE LIBRARY...

JUST KIDDING! LET'S GO! TAG! YOU'RE IT!

EXERCISE KEEPS YOU STRONG AND HEALTHY. STAY ACTIVE BY PLAYING CATCH, SKIPPING, AND SPORTS!

HAVE 60 MINS OF EXERCISE (MEDIUM-HIGH INTENSITY) DAILY!

KIDS, WANT TO JOIN ME IN AN ADVENTURE?

FLIP THE PAGE TO GET STARTED!

YES!

CAN'T WAIT FOR OUR ACTION-PACKED ADVENTURE!

JUMP-A-THON MISSIONS

Hop and jump your way to better health!
There are four Jump-A-Thon missions for you to try each week.

Put a tick on each mission after you complete it!

Tip: Try a different activity every day for four weeks!



Scan for our guide to all the moves:



WEEK 1

15 double-leg jumps on the spot

15 single-leg hops on the spot

15 double-leg jumps over an imaginary line (side to side)

15 jumps over a small object (e.g. shoe)

I completed four missions and my lifestyle goals this week!

WEEK 2

30 double-leg jumps on the spot

30 single-leg hops on the spot

30 double-leg jumps over an imaginary line (side to side)

30 jumps over a small object (e.g. shoe)

I completed four missions and my lifestyle goals this week!

WEEK 3

20 jumping jacks

15 single-leg hops over an imaginary line (side to side)

10 star jumps

Hop to outline the alphabet of your name

I completed four missions and my lifestyle goals this week!

WEEK 4

30 jumping jacks

30 single-leg hops over an imaginary line (side to side)

15 star jumps

Hop to outline the alphabet of your parent's or sibling's name

I completed four missions and my lifestyle goals this week!

TOSS & CATCH MISSIONS

Ready for some action-packed fun?

Grab a football, basketball, or any ball and try four Toss & Catch missions each week.

Put a tick on each mission after you complete it!

Tip: Try a different activity every day for four weeks!



Scan for our guide to all the moves:



WEEK 1

20 toss-ups and catches

15 underarm rolls

15 ball-around-waist

15 hand-to-hand tosses

I completed four missions and my lifestyle goals this week!

WEEK 2

30 toss-ups and catches with 1-2 claps

30 underarm rolls

15 ball-around-knees

30 hand-to-hand tosses

I completed four missions and my lifestyle goals this week!

WEEK 3

15 double-hand underarm tosses to friend and 15 catches

15 single-hand underarm tosses to friend and 15 catches

15 ball-around-head

15 ball taps with the tip of your toes

I completed four missions and my lifestyle goals this week!

WEEK 4

30 double-hand underarm tosses to friend and 30 catches

30 single-hand underarm tosses to friend and catches

15 ball-around-ankles

15 ball taps with the tip of your toes

I completed four missions and my lifestyle goals this week!

Healthy habits start with me!

Here are some simple ideas for you to include healthy habits in your daily routine!

6.30 AM: Wakey-wakey!

Time to wake up, brush your teeth, get dressed, and have a hearty breakfast!

7.00 – 7.15 AM: Walk or cycle to school

Get your day going with some morning exercise so you feel more energised in school!

10.00 – 10.30 AM: Yay! Recess!



Choose a healthy snack and drink plain water. Take a break by playing catching or other fun games with your friends!

1.30 – 1.45 PM: Walk or cycle back home

Clock in those active hours!

2.00 – 2.30 PM: Lunch time

Remember, using 'My Healthy Plate' can boost your brain power and help you complete your homework faster. This gives you more time for play!

3.30 – 4.30 PM: Do your homework

Remember to take short breaks to rest your eyes. Do some neck and leg stretches, or take a walk across the room in between study periods.

5.30 – 6:00 PM: Outdoor play

Have fun at the playground or play ball games with your friends!



7.00 – 7.30 PM: Dinner time

Have a balanced meal with vegetables and fruits. Practise mindful eating; avoid screen time!

7.30 – 7.45 PM: Family walk

Walk around the neighbourhood with your family after dinner!



7.45 – 8.00 PM: Shower



Have a shower and change into your pyjamas.

8.00 – 9.00 PM: Wind down and relax

Cosy up in bed with a book! Avoid watching TV or using smart devices now.



9.00 PM: Night-night!

Have at least 9 hours of sleep so you feel fresh the next day!

FAQS for parents



Knowledge is power!
Show this page to your parents to help them understand more about your Health Plan.

Q What is the Child Health Plan?

Each year, HPB conducts health screenings in schools for primary school students. After the screening, your child will receive their results and this Child Health Plan booklet.

Q What are lifestyle goals?

Lifestyle goals are personalised recommendations designed to help your child improve their current lifestyle, and live healthier. They are based on discussions between a healthcare professional and your child during the school health screening.

Q How can I support my child?

You are your child's first influencer! You play an important role in shaping his or her health habits and choices.

- **Ensure your child attends follow-up medical appointments** if he or she receives any referral letters.
- **Make use of the resources in this booklet** to track your child's progress and encourage them to improve their lifestyle habits.
- **Join family activities to maintain a healthy lifestyle.** Download the Healthy 365 app for the latest programmes and activities.
- **Take it slow and steady.** Start small to encourage your child. Take a break when you need to.

“ Every small action adds up
to make a big difference.
* You've got this! ”

Learn more at:



