you've g t 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













JUMP-A-THON CONT **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!



four missions

and my lifestyle

goals this

week!

Try a different activity every day for four weeks!

four missions

and my lifestyle

goals this

week!





four missions

and my lifestyle

goals this

week!



four missions

and my lifestyle

goals this

week!

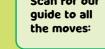


Ready for some action-packed fun? Grab a football, basketball, or any ball and try four Toss & Catch missions each week. Put a tick on each mission after you complete it!



Try a different activity every day for four weeks!





WEEK a

double-hand

underarm

tosses to

friend and 30

catches

single-hand

underarm

tosses to

friend and

catches



toss-ups and catches

underarm

rolls

ball-around

-waist

hand-to-hand

tosses

WEEK >

toss-ups and catches with 1-2 claps

underarm

rolls

ball-around-

knees

single-hand underarm and 15 catches

WEEK 3

double-hand

underarm

tosses to

friend and 15

catches

tosses to friend

head

ball-around-

15 ball-aroundankles

hand-to-hand tosses

ball taps with the tip of your toes

ball taps with the tip of your toes

I completed four missions and my lifestyle goals this

week!

I completed four missions and my lifestyle goals this week!

I completed four missions and my lifestyle goals this week!

four missions and my lifestyle goals this week!



start with mel

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 vour 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





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.

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.

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.

66 Every small action adds up + * to make a big difference. Y You've got this! 99



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.

Learn more at:



