



NEW YEAR GOALS HEALTH & WELL-BEING

South Leicestershire School Sports Partnership Newsletter



WHY SET A NEW YEAR GOAL?

New year goals can help keep children and young people focused and motivated throughout the year.

Sit down with your child and look at setting out 1 or more new year's goals this January.

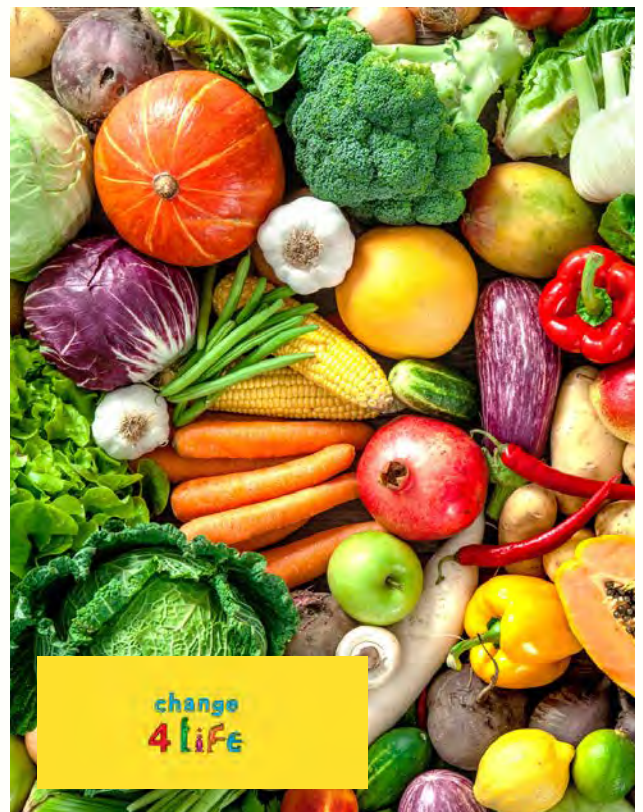
Ensure ideas are realistic and appropriate for their age and stage of development. For younger children maybe create a sticker chart or use a calendar so your child can keep track of their progress. Twinkl have free printable goal sheets [here](#)

RESOLUTION IDEAS

- **Keep tidy** For children this is an important habit to develop, by keeping their room tidy they will learn valuable skills about organisation which they will keep into adulthood. They need to learn to be proud of their own space and to look after it.
- **Nutrition** A Healthy, balanced diet is essential to maintaining good health. Ask your child to try and aim for 5 portions of fruit and veg each day. Why not aim to try 1 new fruit or vegetable each month. Find out more at Change4Life [here](#)
- **Limit my screen time** Time spent on electronic devices is having a huge impact on the physical and mental health of young people. Children age 6 and under should have no more 1 hour of screen time day. Agree a daily screen time limit for your child in 2023. Better yet, why not dedicate a screen free day each week and get **"unplugged!"**

Check out 7 Tricks to reduce your child's screen time on [YouTube](#)

Ref: FirstCry Parenting



- **Try something NEW for 2023!** Ask your child if there's a new sport or physical activity they would like to try and get them enrolled. Sports clubs are a great opportunity for children to meet new friends, boost their self esteem and develop their leadership and teamwork skills. Check out our Club Directory for local clubs in your area over on our **Parent Portal!**



- **Power of sleep** Aim for a minimum of 8 hours sleep per night. Sleep is very important for your child's physical and mental well-being. Click [here](#) for the NHS guide to healthy sleep for children.

- **Helping with chores** Getting some extra help around the house is always welcomed, but it can also teach children a valuable lesson; both in tidying up but also in helping others. It is important for children to understand what their parents/guardian do and be appreciative of it.

Ref: www.roomtogrow.co.uk

- **Keep Active** It is recommended that children and young people should aim for an average of at least 60 active minutes per day across the week. Why not sit down with your child and put together a weekly physical activity timetable. Get creative with some of the activities they could do each week. For example a family walk, an online dance class, a trip to the park. Maybe walking, scooting or cycling to school. Check out our Stay Active for Less page [here](#) for ideas!

Physical activity for children and young people (5-18 Years)

- BUILDS CONFIDENCE & SOCIAL SKILLS
- DEVELOPS CO-ORDINATION
- IMPROVES CONCENTRATION & LEARNING
- STRENGTHENS MUSCLES & BONES
- IMPROVES HEALTH & FITNESS
- MAINTAINS HEALTHY WEIGHT
- IMPROVES SLEEP
- MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for an average of at least **60** minutes per day across week

All activities should make you breathe faster & feel warmer

Include muscle and bone strengthening activities **3 TIMES PER WEEK**

Get strong (INACTIVITY)

Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week



*We've got a host of fun, physical activity games and activities for you to try at home over on our **YouTube** Channel, click [here](#) to check them out!*



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LET'S GET SOCIAL!