



Ravenscote Wellbeing Newsletter



January 2026

As we begin a new year, many of us reflect on ways to encourage a healthier lifestyle within our families. With this in mind, our January newsletter will focus on physical health.

At Ravenscote, we understand how important physical wellbeing is for children's health, happiness, and ability to learn. Regular exercise, a balanced diet, and good sleep routines all play a vital role in helping children grow, stay active, and feel their best each day. By encouraging healthy habits both at school and at home, we aim to support every child in developing positive routines that will benefit them now and in the future.

Joe Wicks' top 5 tips for getting kids moving (and loving it!)

Getting kids moving doesn't have to be perfect – it just has to be playful – and it can be done in short bursts. Whatever your kid is into, there's a way of moving that they'll love, and that can easily fit into your day.

Here are a few ideas to get you started:

1. Make movement fun indoors

Turn everyday tasks into games – race to tidy up, dance in the kitchen while dinner's cooking, or try a quick online workout like 'Activate'. Movement doesn't need to look like 'exercise', it just needs to be fun!

2. Get outside, whatever the weather

A brisk game of tag or a trip to the park can warm everyone up and kids see it as play, not a chore. So, wrap up and get out there!

3. Turn the school run into an adventure

Walk, scoot or cycle when you can. Make it playful – count dogs, race to lampposts, or invent your own challenges. It's sneaky exercise that they'll love.

4. Keep it relaxed and role model it

There are so many different types of sport to try out, and remember that not every child loves competitive activities, and that's OK! Try things like frisbee, swimming or cycling. Most importantly, show them how you enjoy being active – they'll follow your lead.

5. Explore local activities

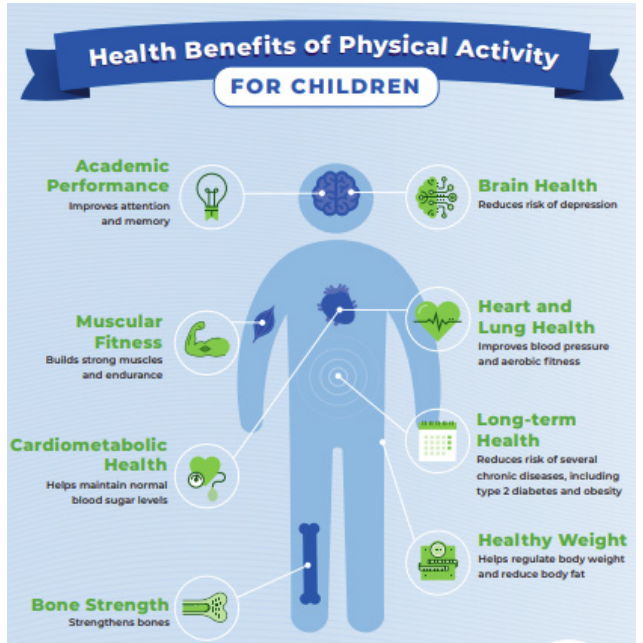
Look out for free or low-cost events. A change of scene can spark new interests and keep things exciting.

Why being active matters

There are lots of good reasons for kids to be active! Research shows that physical activity helps school-age children in lots of ways.

Here are some of the benefits of staying active:

- Improves behaviour, self-confidence and social skills
- Improves attention levels and performance at school
- Develops co-ordination
- Strengthens muscles and bones
- Improves health and fitness
- Maintains healthy weight
- Helps them sleep better
- Improves mood and makes them feel good



Sleep

Sleep is crucial for children's growth, learning, mood and health, allowing their brains to consolidate memories, process information and their bodies to repair and release growth hormones, while also boosting immunity and regulating appetite.

Children who don't sleep well will see a deterioration in many aspects of their life.

Their ability to regulate and recognise their emotions becomes reduced. There can be an impact on their physical health- for example they can be more prone to common childhood bugs.

There will be a deterioration in mental health- we can often feel much more anxious and less resilient when we have had prolonged periods of poor sleep. And like new mothers who are often sleep deprived- tasks that are relatively easy when we are well rested can require much more effort- in children this can include getting dressed, organising themselves for school, managing homework etc.

Creating a good sleep routine

A good sleep routine needs to be planned. Consistency and firmness are also key. In theory this might sound simple but in the middle of the night or during the small hours of the morning, things can go awry.

Children like routine and knowing what to expect next. Sticking to a similar bedtime where possible will help strengthen this. Here is a simple routine to try.

- Turn all screens off an hour before bedtime
- Dim the lights, close the curtains and create some darkness to help to promote melatonin (sleep hormone) production
- Baths are great if your child finds them relaxing
- Get ready for bed in the same order - for example, pyjamas on, brush teeth, toilet
- Once in bed spend some time reading a bedtime story with your child
- Give hugs and kisses and tell your child 'it's night time, go to sleep'



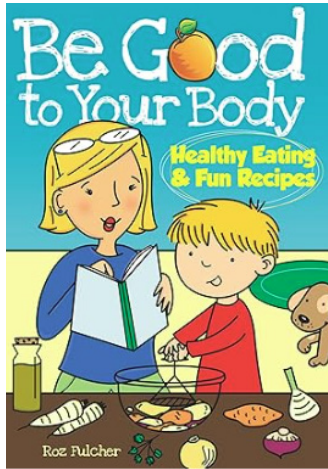
The Science Behind Screens and Sleep

Research shows that exposure to screens before bedtime affects children's ability to fall and stay asleep. Here's why:

- **Blue light suppresses melatonin:** Blue light emitted by screens inhibits melatonin production, a hormone crucial for initiating that sleepy feeling. This makes it harder for children to wind down and shut off.
- **Increased stimulation:** Games, videos and other content can be mentally stimulating, making it difficult for children to transition to a state of sleep.
- **Delayed Bedtime:** We all know that 'just one more game' can push bedtimes later, leading to less overall sleep.

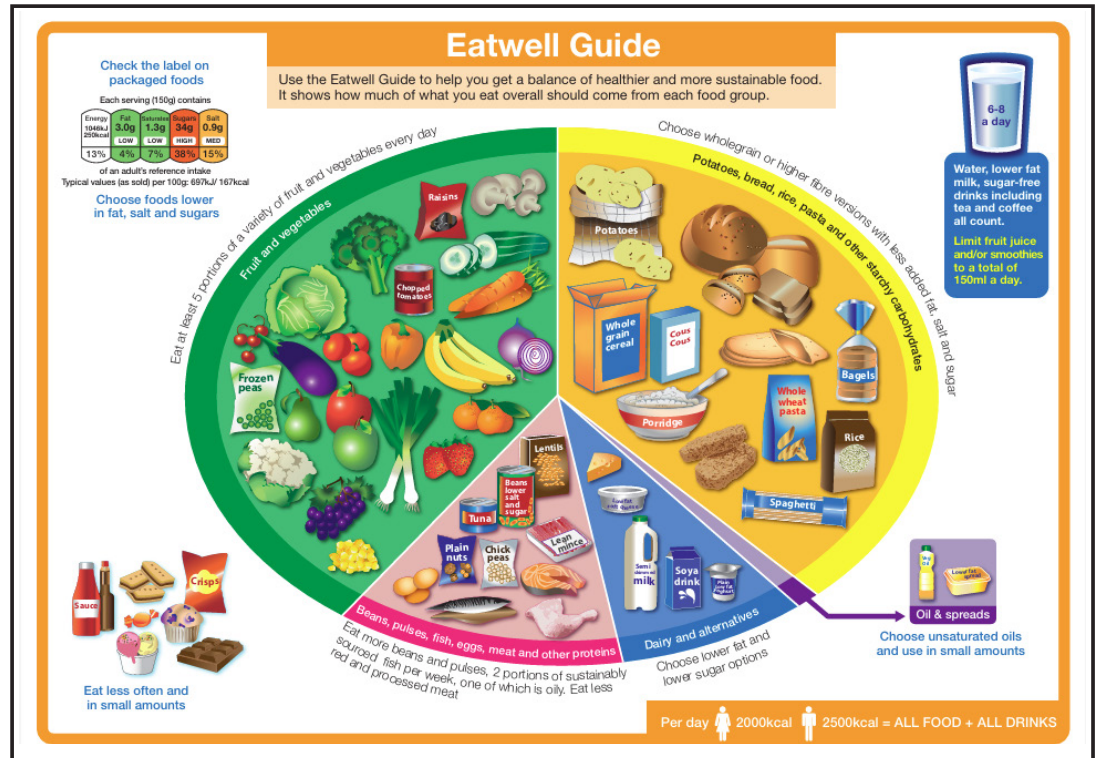
Key Benefits of Healthy Eating for Children

- **Physical Growth & Development:** Provides building blocks (protein, calcium, vitamins) for strong bones, muscles, healthy teeth, skin, and eyes.
- **Brain Power & Learning:** Fuels brain development, improving concentration, memory, and academic performance.
- **Energy & Mood Stability:** Stabilizes blood sugar preventing energy crashes and mood swings, leading to better physical performance and emotional well-being.
- **Strong Immune System:** Boosts immunity, helping children fight off infections and stay healthy.
- **Healthy Weight Management:** Prevents childhood obesity, which reduces the risk of developing obesity and related health issues as adults.
- **Disease Prevention:** Lowers the long-term risk of chronic conditions such as type 2 diabetes, heart disease, and high blood pressure.
- **Establishes Lifelong Habits:** Early healthy eating patterns significantly increase the chances of maintaining good nutrition in adulthood.

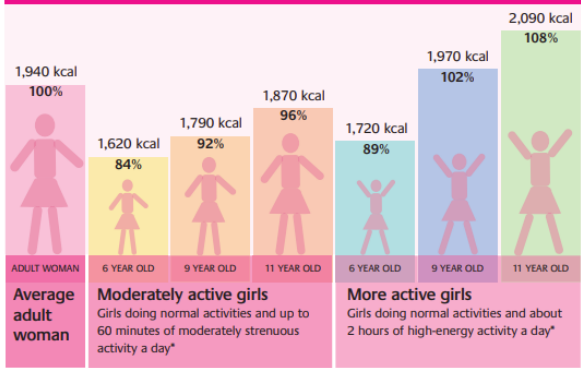


Book Recommendation

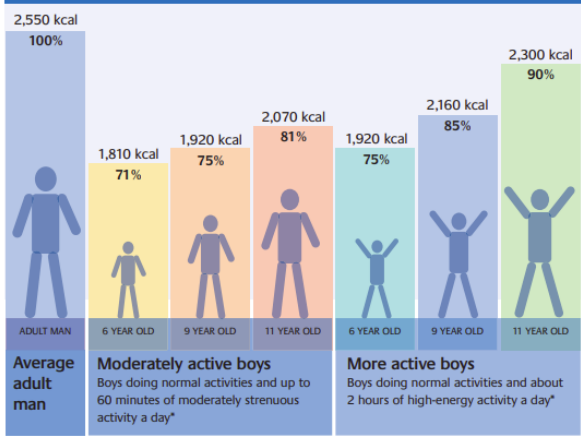
More than 50 illustrated recipes encourage kids to delight in preparing and eating fresh, healthful foods. Simple dishes and snacks include Fruit Pizza, Cheesy Spaghetti Squash, Frozen Grape Pops, and Turkey Joes. Fun-to-color pictures feature a feast of interesting facts, from where carrots originated (Afghanistan) to the first cultivated fruit (grapes).



Average daily energy (calorie) needs: GIRLS aged 6-11 years



Average daily energy (calorie) needs: BOYS aged 6-11 years



Children who say they don't like vegetables may be more willing to try:

- sweetcorn or baby corn cobs
- raw carrot sticks, slices of red and yellow peppers, or cherry tomatoes
- tomato sauce on pasta
- "bubble and squeak" (green cabbage and mashed potato mixed together)
- stir-fry vegetables
- vegetable soup
- vegetable curry
- grated carrot in salads.

Children who say they don't like fruit may be more willing to try:

- canned or fresh pineapple, peaches or fruit salad
- fruit smoothies (fruit liquidised together with other fruit, natural low-fat yoghurt or fruit juice), or fresh fruit milkshakes made with skimmed milk and fruit
- raisins or other dried fruit such as dates, apricots, pear or mango
- banana with ice cream or custard
- fresh fruit jellies or home-made lollies
- fruit kebabs
- frozen bananas.