

SPRINGFIELD'S HEALTH AND WELL BEING LEAFLET



Welcome to our new Health and Wellbeing leaflet!

What's New?

Springfield Primary is taking part in the Healthy Early Years Award which is accredited by Public Health Sheffield. As part of this award we will be sharing health messages to support families in making informed choices about giving their children a healthy start during their primary Years.



OUR AIM IS TO SHARE UP TO DATE AND RELEVANT INFORMATION ON HOW TO KEEP YOUR FAMILY HEALTHY AND HAPPY!



SLEEP.



This term, parents were invited to a coffee morning with a focus around SLEEP. Our community nurses and sleep practitioners, Judith and Colette delivered an informative talk with helpful tips and strategies to support families with sleep routines. Thank you to those who attended this event and we hope you found the information helpful and there are strategies you may try at home as a result of attending this session.

How much sleep does my child need?

Age	No of hours
5 Years	11
6 Years	10 ¾
7 Years	10 ½
8 Years	10 ¼
9 Years	10
10 Years	9 ¾
11 Years	9 ½

If any parent is wanting to find out more about how they can support their child with better sleep patterns, there are seminars which can be found here



DID YOU KNOW?

- We grow and repair our bodies whilst we sleep
- Our emotions and our behaviour are affected by our sleep
- Intelligence, learning, problem solving and memory are all influenced by our sleep
- Our immune system and our ability to fight infection are all affected by our sleep
- A regular routine 1 hour before bed (The golden hour) is important to promote a good nights sleep.





RECIPES FOR YOU TO TRY AT HOME:



Stuffed Peppers

Instructions:

step 1

Take the 4 small red bell peppers and use a table knife cut the very top off each pepper by rolling the pepper on its side, then pull off like a lid. Tip the pepper upside down and knock out the seeds. Twist off any seeds from the lid you have cut. Put the 4 peppers in an oiled casserole dish

step 2

Chop 2 spring onions into small pieces with scissors and add to a bowl of 125g cold, cooked wholegrain rice then Chop 15g flat leaf parsley in a cup with the scissors and add this to the rice bowl.

step 3

Measure 1 tsp of garlic puree and add this to the rice then Add the grated carrot. Stir everything together. After this, measure 4 dessert spoons of the tinned tomatoes with juice into the rice

Step 4

Take the tin of sweetcorn and tip it out into a sieve over a clean bowl. Shake off the liquid then add the drained sweetcorn to the rice bowl .Sprinkle ½ tsp paprika over the top of all the ingredients in the rice bowl then give everything a big stir

Step 5

1. Using the 2 spoon method, divide the rice mixture between the 4 peppers, filling right to the top, pressing down with the back of a spoon. Pour the remaining tinned tomatoes and juice into the casserole around the peppers. Put the tops you cut off of the peppers back on then drizzle with more olive oil. Then put them into the oven at 180°C for 30-40 minutes. Serve with a spoonful of natural yoghurt and some more chopped parsley on top'

You can find more healthy recipes here:



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Ingredients:

- 1 4 hand sized washed red bell pepper
- 2 spring onions
- 125g cooked wholegrain basmati rice
- 15g flat leaf parsley
- 1 teaspoons (tsp) garlic puree
- 1 medium carrot, grated (about 80-100g)
- 1 400g tin chopped tomatoes
- 1 198g tin sweetcorn (157g drained weight)
- ½ tsp paprika
- Olive oil for greasing and drizzling



Spring

- Lighter nights and longer days are on their way. 20th March 2025 is the official day spring starts in the UK. At Springfield we have been successful in winning a grant to purchase some growing equipment. We hope to make Springfield School greener and cleaner! Watch this space for new and exciting projects including growing and planting!
- We are also teaching the children about where our food comes from- where certain foods are grown!



Useful Information:

A change of season often brings autumn coughs, colds and virus too. Here's a reminder of what to do if your child isn't feeling 100%:



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NHS guidance on: Is my child too ill for school?

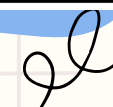
50 things to do before Five

This helpful set of ideas for play and learning, featured in an app, website, and printed resources, is free to mums, dads, and caregivers.

50 Things to Do is based on the simple notion that quality time with family, indoors and outdoors, is a great way to support children's development. That's why we've put together 50 fun, low or no-cost activities for you to explore and enjoy at your own pace. We recognise that what parents do with their children at home makes a big difference to their long-term learning and wellbeing. Every 50 Things to Do activity helps children learn, with a focus on relationships and playing together, supported by their most important teacher - you.



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