

# FEEL BETTER Newsletter

Volume 1  
Issue 2  
2021



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WELL-BEING IS A PRIORITY AT LEICESTER GRAMMAR JUNIOR SCHOOL

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## LEARNING TO ENJOY SPORT

By Mr Wildsmith

There is no real point doing Joe Wicks and 5k runs if you don't enjoy sport first! **But how do you learn to enjoy sport?**

The recent lockdowns have seen a huge increase in home workouts that are very 'Joe Wicks' in style, but being 'healthily active' does not mean doing 15 burpees every day or going for 5k runs every weekend. You have to ENJOY the activity you are doing to make the most of it and really feel the benefit. Simply getting outside and soaking up some natural Vitamin D can be all it takes to make someone feel better! BUT... Not everyone enjoys sport - which is fine! Why not use this spring and summer to find a sport that the whole family can experience together!



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# GETTING ACTIVE AND STAYING HEALTHY

## SUMMER 2021



Summer 2021 could be one of the best yet for professional sport and enjoying a sport together can be a very positive introduction for later interest.

Some of the major tournaments this summer:

(subject to Covid-19 regulations)



## ~~2020~~ 2021 OLYMPICS

One of the great things about The Olympics is, whenever you turn it on there is always a sport you never knew competed at the biggest sporting event on earth! Why not pick an event you have no idea about and watch it together. Trampolining? Modern Pentathlon? Surfing? Baseball? Skateboarding? 3x3 Basketball?! Greco-Roman Wrestling?!?! (nope, no idea what it is either!)

## ~~2020~~ 2021 EUROS

Following Leicester City's amazing achievement **winning the FA Cup**, we can now say....It's COOOOOOOOOoming HOME! Ok, let's not get too ahead of ourselves but this IS going to be England's year...right? RIGHT?! In all seriousness this England squad is one of the most exciting for years and there may not be a better chance to end the 55 year wait for a trophy. If nothing else, hopefully we'll be able to see Gareth Southgate pull off the waistcoat look impeccably well again!

## LIONS TOUR

Watch the best British and Irish rugby players team up and go head to head against the ferocious current World Champions, South Africa. This will be intense!

# GETTING ACTIVE AND STAYING HEALTHY



## TEST CRICKET

Despite the recent series not going quite to plan, India will visit England at the back end of summer and play in a 5 test(!) series. Arguably, test cricket could be the toughest sport to play professionally both mentally and physically. India are the best team in the world and, in my opinion, have the world's best player in Virat Kohli. You are NOT going to want to miss this! Oh, they are also playing New Zealand in a 2 match test series before and last time they played New Zealand was in the 2019 World Cup Final ... We all know what happened there! (We won after a super over!)

## THE HUNDRED

This is SUPER exciting! Brand new, explosive, fireworks and unpredictability this 8 team format (men's tournament AND a women's tournament) brings together players from ALL over the world to play in a 100 ball competition. It's simple, the team who scores the most runs after 100 balls wins! Also, every team is sponsored by a different make of CRISPS(!) – see if you can guess them! Two of the venues are also not too far away – Edgbaston and Trent Bridge!

## T20 AND ODI CRICKET

If The Hundred is catching your eye you will want to follow the T20 and ODI matches England play against Pakistan and Sri Lanka this summer. Currently ranked number 1 in the world for T20 and current World Champions for ODI England have a large target on their backs to be knocked off their perch. Will Sri Lanka and Pakistan succeed? If attending live sport tickles your fancy then ODI, T20 or (particularly) The Hundred could be a good starter for you. There is GUARANTEED entertainment for all ages and every venue always has fun things running alongside the cricket – try it!

**All these tournaments run alongside the regular summer sporting fixtures like Wimbledon and Formula 1 so there is lots to follow and enjoy!**

**Power hose the patios, get the BBQs ready, chill the drinks, set up the paddling pools and slides and get ready for a summer of top class sport!**

P.S. It's coming home!

# EAT A RAINBOW



## EAT A RAINBOW

The rainbow has become a symbol of support and unity over the past year, but did you know that you should also try and eat the rainbow if you possibly can? The colour of fruits and vegetables is often indicative of some of the nutrients contained within them and we should all try and eat a whole rainbow of different fruits and vegetables each week.

Challenge your family to eat as many different fruits and vegetables as they can during the course of one week. Are you surprised by the number?

### RED

- Reduces risk of heart disease and stroke
- Removes damaging free radicals

### ORANGE

- Promotes eye health
- Protects skin
- Promoted healthy joints

### YELLOW

- Helps your heart
- Fortifies skin elasticity
- Aids immune system

### GREEN

- Keeps bones healthy and strong
- Aids tissue healing
- Detoxifies the body

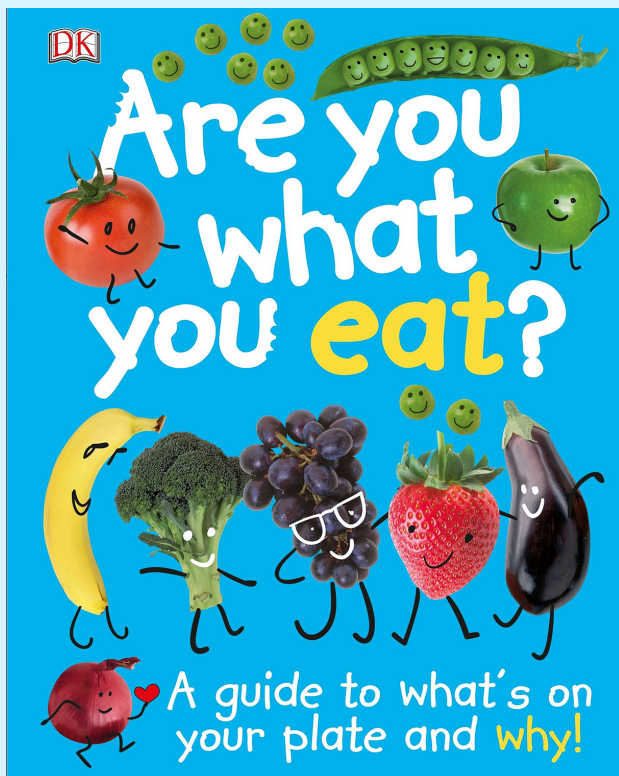
### PURPLE & BLUE

- Protects cell from damage
- Boost Memory
- Help fight inflammation

You could have some fun with this at home and create some food art. Please send any rainbow inspired food art photos to [woodk@leicestergrammar.org.uk](mailto:woodk@leicestergrammar.org.uk)



# EAT A RAINBOW



## WHAT'S ON YOUR PLATE?



Help your child better understand how food fuels and effects our bodies in 'Are You What You Eat?' The book provides quizzes, questions and facts for children to see their food as more than just taste, learning things like which foods will make them sleepy, how to tell if they are hungry or full, and why bodies need nutrition. It may even help picky eaters become a little more adventurous at meal times.



## LGJS BAKE-OFF

Staff, children and parents are challenged to share their favourite recipe with the rest of the school community.

You can make a sweet or savoury delicacy, it is entirely up to you. The only rule is that your recipe must contain at least one fruit or vegetable. Please share your recipes and a photo of the final product. If there are enough tasty delights we will consider collating them to make our very own **LGJS recipe book**.



# GROW YOUR OWN



## GROW YOUR OWN

Summer is just around the corner and the half term holiday is a perfect time to get active in the garden. Inspiring children to enjoy plants and gardening can give them a healthy hobby for their whole lives. Capture their interest with brightly-coloured flowers and quick-growing edible plants.

The Royal Horticultural Society has a wealth of advice, ideas and resources to inspire gardeners of whatever age and ability

[www.rhs.org.uk](http://www.rhs.org.uk)



This BBC Good Food page guides you through rearing plants in a step by step manner. It is written in a style which is easily accessible for upper KS2.

[www.bbcgoodfood.com](http://www.bbcgoodfood.com)



Why not have a family gardening competition – who can grow the largest pumpkin? Who can grow the tallest beanstalk? Who can grow the longest carrot? Older children can use the internet to research ways to improve and increase the yield of their plants.



## STAYING HEALTHY



This is a useful NHS resource for adults and children with information for adults and children about how to keep healthy. From brushing teeth to coronavirus there is something for everyone.

[www.healthforkids.co.uk](http://www.healthforkids.co.uk)



# BOOKS FOR ACTIVE CHILDREN

## RECOMMENDED READS

We all want to raise healthy, curious children and, as parents, we encourage our children to be active—to run and jump and play.

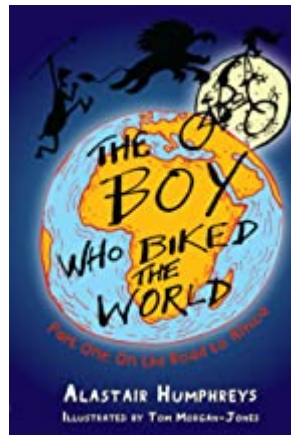
Reading stories with an active theme can help embed what you is learned in practice, stretching minds as well as developing athletic skills. After all, in the words of Joseph Addison ( an 18th century British poet and playwright), "Reading is to the mind what exercise is to the body."

Here are a few recommendations to introduce your child to characters with grit, humour and determination. They may inspire your child to **practice empathy**, to **work a little harder** and to **embrace challenge**.

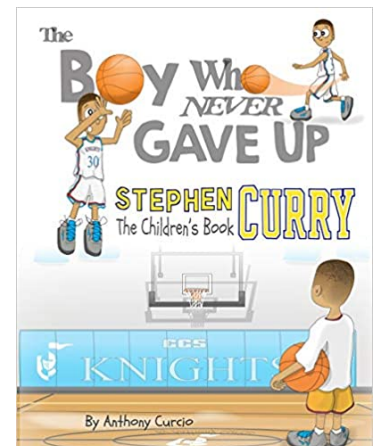
Age 10+ ▼



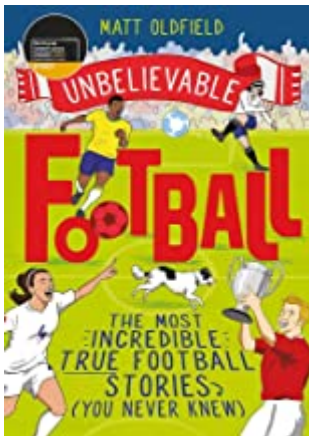
Age 9-12 ▼



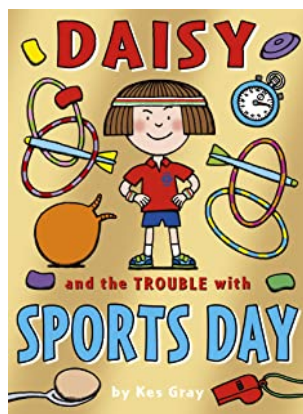
Age 8-12 ▼



Age 8-12 ▼



Ags 5-7 ▼



Age 7-11

