

Baw Baw's Healthy Kids Week



The 4 Pillars of Wellbeing:

Each pillar supports the other. Together, they help us grow strong, smart, kind and confident inside and outside of the classroom.

1. Monday - Literacy



Read. Talk. Listen. Imagine

Stories and words help to build our brains! From reading books to singing songs, literacy opens doors to learning, friendship and fun!

2. Tuesday - Movement



Run, Stretch and Play - every day!

Keeping active helps to build strong muscles, happy hearts and focused minds. Whether it's sports, dance, or quick classroom stretch, every move matters!

3. Wednesday - Fuelling Your Body



Fuel your body, feed your brain!

Colourful and tasty foods and balanced meals help us stay alert, focused, full of energy and grow up strong, happy and healthy!

4. Thursday - Mindfulness



Pause. Breathe. Notice

Taking time to check in with our thoughts and emotions helps us to stay calm, kind and ready to learn.