

PYP Gets Healthy & Balanced

How to get healthy and balanced with your body!

News from PYP4b

In PYP4B we think that it is important to stay healthy and balanced, so that we get enough energy, protein, vitamins, minerals and strength to keep us going. You can do this by eating the right food, staying hygienic, exercising every day, getting enough sleep and rest and balancing school and play. You'll find more about this later in the newsletter!



PYP4b staying healthy and balanced!

Sections

- How to stay healthy & balanced! 2**
- Need some help! 3**
- What the PYP are doing! 4**

How to stay healthy and balanced!

Why do we need to exercise?

To stay balanced we need to exercise every day for at least one hour. Exercise is important for your body because it makes you strong, happy, flexible, and gives your brain oxygen and pumps your blood faster to your organs. To keep your muscles strong you should exercise with weights or lift things. When you exercise your body releases endorphins and you feel happy and good.

By: Nimrod, Yogesh and Edward

Why is it important to Sleep?

Your body needs to sleep because when you sleep your body gets ready for the next day. Sleeping helps you to think much more things at school. When you work hard at school, you have to concentrate. You use your brain to think, and thinking makes you tired. Sometimes your brain needs to relax, too! And so it is important to sleep 10 or 11 hours every night.

By: Samanvita, Venla and Elva

Eating

You need a balanced diet because if you eat too much or too little food you may die from different diseases like Obesity, when you are too fat or Anorexia, when you are too thin. If you follow the food pyramid you will feel good and stay balanced. Vegetables and fruit give us vitamins, they fight sickness and grains give you fibre, what gives us energy. Meat, eggs and nuts gives you protein that helps you get stronger and dairy gives you calcium which makes your teeth and bones stronger. So eating a balance of these foods can help you stay healthy.

By: Johanna and Ruby



PYP 1-2 eating healthy!

Why do we need to be Hygienic?

Hygiene is good for us because if we are not hygienic people can get sick. You should shower at least three times a week and if you don't you can get dirty and very sick. You should brush your teeth at least two times a day, because your food gets stuck in your teeth and can cause holes. Wash your hands and cut your nails often, otherwise you will get sick from the germs under your nails and on your hands.

By: Beatrix, Arman and Zoya



PYP3 fast asleep!

Need some help?

Here are some tips from PYP4B that you need to know!

When being balanced try to remember:

- To flush the toilet after using otherwise germs can get you!!!!
- To pick your nose in a tissue, not sleeve!
- Wash your hands before and after lunch and after you've played!!
- If you have a nightmare you should tell your Mom or Dad to come up with a happy ending.
- In the age group 8-11 we should sleep 10 to 11 hours.
- You should exercise one hour a day.
- Exercise is like playing.
- When we exercise something called endorphins is released and that makes you feel happy!
- Don't eat too much junk food.
- Eat vegetables, fruit and grains all the time.
- Eat dairy and meat, egg and nuts in moderation.
- Don't play all the time or you will not know anything.
- Don't have school work all the time or you will get angry and stressed.



PYP5 keeping clean!



PYP6 staying fit!

***Get healthy and
balanced !***

What the PYP are doing?

PYP 3 Vidhula, Albin

How are you being clean every day?

Vidhula & Albin: When we go to the toilet we have to wash our hands and flush the toilet. Take a bath. Brushing our teeth

What kind of healthy food do you eat?

Vidhula & Albin: Vegetables, fruits

How often do you have to exercise?

Vidhula: 15 min

Albin: 1 hour everyday

How often do you sleep every night?

Vidhula: 8 or 9 hours

Albin: 11hours



PYP 4a Candy & Sumeja

How often do you exercise?

Sumeja: 3 or 2 times a week

Candy: 5 times a week

What do you eat when you are eating healthy?

Candy & Sumeja: Vegetable, Grains, Fruit, dairy.

When do you be hygienic?

Sumeja: I wash my hands before lunch and wash my hair 2 times a week.

Candy: I wash my hair 3 times a week and wash my hands before eating.

How often do you sleep?

Candy: 11 hour 5 minutes

Sumeja: 11 hours and 35 minutes



PYP 5 Max and Sophia

Which exercises do you do?

Sofia: Gymnastics

Max: Swimming, football and athletics.

How are you hygienic?

Max & Sofia: Wash my hands before lunch and after the toilet, wash my body every day, and brush my teeth twice a day.

How many vegetables do you eat a day?

Max & Sofia: 4 servings a day each.

How long do you sleep?

Max & Sofia: 10 hours each.



PYP 6 Angus and Sydni

What do you do to be hygienic?

Angus and Sidney: I flush the toilet, I wash my hands before dinner, Have a bath, Clean my room, Brush my teeth, Brush my hair, I wash my hands, I take a shower.

How often do you eat junk food?

Sidney: Saturdays

Angus: Changes every week

How often do you exercise?

Sidney: Everyday = soccer, play, dancing

Angus: Everyday= play, basketball

How much do you sleep?

Sidney: 11h

Angus: 8-10hr



PYP 4B Summative Assessment

In PYP4B we have been learning about how to make balanced choices in our lives from our Unit of Inquiry 'Healthy Balance.' We have learnt about how to balance eating, exercise, sleep, play, and school work and how to be hygienic. For our summative assessment we had to make a whole class newsletter to show our understanding of how to be balanced. As a whole class we decided on the layout, the titles and subtitles, the introduction to our newsletter and the name of our newsletter. In groups we had to come up with a research question to do with one of our balanced topics (eating, exercise, hygiene or sleep/rest) and then answer the question. We also had to come up with a questionnaire for the other PYP classes and interview them to find out how they are being balanced. Finally we had to put in some tips for our readers on how to be balanced. We hope that you have enjoyed our newsletter and have learnt some ways to be balanced! Have a great winter holiday!

From PYP4B

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