



DATE CLAIMER: 19 JULY

Cyber safety expert Jonny Shannon will be our guest at St Hilda's. You are invited to join us for a parent conversation commencing at 5.30pm.

See last page for PARENT SEMINAR details on *RAISING BOYS IN A DIGITAL WORLD* on Thursday 24 May at TSS

21 May 2018

SchoolTV - Term 2 2018

Dear Parents

Welcome to the next instalment for SchoolTV. This is an ongoing resource for parents on a range of topics, so that you can be informed with clear, fact-based information on the many challenges faced by today's youth.

Each edition will address a major topic with expert interviews, fact sheets, parent quiz, recommended apps, books and much more. SchoolTV aggregates information from many great resources such as BeyondBlue and ReachOut, amongst others. SchoolTV provides a single stream of independent factual information that saves parents time and confusion of searching online across multiple sites for information.

In this letter we have three editions: on Diet & Nutrition, Physical Activity & Exercise and Eating disorders.

As always, if you have any concerns about your child, please contact your daughter's Head of Year.

You can access the St Hilda's SchoolTV site here: <http://sthildas.qld.schooltv.me/category-latest-newsletter>

Diet & Nutrition

We all know that diet and nutrition is vital to your daughter's development and growth, but are you aware of the effects it has on your child's brain development and how it can impact her academic achievement?

In this era of convenience, it is easy to reach for pre-packaged and processed foods to cope with busy schedules. However, these foods are usually packed full of sugar and salt which can have adverse health effects. Making a habit of reading food labels can help reduce the risks. It can also help to stabilise your child's energy, improve her mood, maintain a healthy weight and improve her general wellbeing.

In this edition of SchoolTV, parents will discover practical advice for teaching your children about the benefits of incorporating a healthy diet and good nutrition.

Here is the link to this month's edition <http://sthildas.qld.schooltv.me/newsletter/diet-and-nutrition>

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THIS MONTH:
Diet & Nutrition
How does this affect brain development and academic achievements?
CONNECTING • INFORMING • EMPOWERING



Physical Activity & Exercise



In the last decade, children's participation in physical activity and exercise has been in decline. In this digital age, children are using computers and mobile devices, not only for learning, but for relaxation and recreation purposes. This sedentary behaviour is having a detrimental effect on today's youth. The key is finding the balance.

Research shows, that regular physical activity and exercise leads to changes in the brain. It improves cognitive function, elevates mood, enhances learning and improves academic outcomes.

Playing sport helps kids develop fundamental movement skills impacting positively on their confidence, self-esteem and ability to develop social skills. Parents play an important role in helping children establish positive habits which will benefit them in the long-term.

In this edition of SchoolTV, parents will discover practical advice relating to the benefits of regular physical activity and exercise, as well as tips on how to get their kids motivated and moving more.

Here is the link to this month's edition <http://sthildas.qld.schooltv.me/newsletter/physical-activity-and-exercise>

Eating Disorders

Understanding an eating disorders can be difficult for families. There are many myths around what causes an eating disorder, but it is actually diagnosed as a mental illness. Although the focus is on food, weight and shape, there is often an underlying issue being masked by the eating disorder. It is the biggest killer of any psychiatric illness for young people. It affects both males and females of any age or background.

An eating disorder is a serious and potentially life-threatening mental health illness. It can have significant physical and emotional effects. The beginning of adolescence and late teens are peak periods for kids to experience their first symptoms. Young people with eating disorders can have reductions in cognitive function, emotional changes and may even stop participating in their normal daily activities.

In this edition of SchoolTV, parents will learn what warning signs to look for and what can be done in the prevention of an eating disorder.

If you have any concerns about your child, please contact the School Counsellor for further information.

Here is the link to this month's edition <http://sthildas.qld.schooltv.me/newsletter/eating-disorders>



This term in PC (Pastoral Care) Groups, Health and Wellbeing has been a focus topic for Middle/Senior School discussions. Why not begin a conversation with your daughter – What interests her in looking after her health and wellbeing?

We hope you take time to reflect on the information offered in this month's edition and we always welcome your feedback.

Kind regards

Caroline Brodar
Head of Senior School

Geoff Powell
Head of St Hilda's Learning Institute

