



# Wellbeing Wednesday 03.06.2020

My Voice



Use your journal to create a My Voice page.

Write words, sentences, poetry, thought bubbles or draw pictures. What has the last few months been like for you? Highlights? Low points? What have you learned about yourself?

## PE with Joe 3<sup>rd</sup> June



<https://www.thenational.academy/all/pe/pe-with-joe-3rd-june-all-wk6-3>

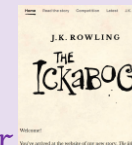


## Keep Learning!

The personal enrichment sessions are a fantastic part of Wellbeing Wednesdays. They allowed us to try something new and possibly establish a lifelong hobby or interest! Think about what hobby you might like to take up at home. Dedicate time to your hobby every Wellbeing Wednesday. Here are some ideas...

Learning a language – [Saying where you live in Spanish](#)

Reading – take some time to get lost in a book or listen to a story- [Elevenses with David Walliams](#)



or start reading [The Ickabog](#)

Drawing – create a piece of art to go with the Wild June activities

Music and dance- make up a dance to your favourite song or take part in [Exploring Emotions in Music](#)

## Don't forget Votes for Schools!

!Enter this week's debate and take a vote. Send in a comment. The link is on your distance learning page on the website

## Connect

Give someone a call! Ask your family if you can call a family member or someone from our class, in with them and ask them how they are. Tell them what you've been up to and what you're looking forward to doing the next time you see each other! Hearing each other's voices will make you ALL feel great.

Even better- surprise them by designing and sending a postcard.



## Wellbeing Wednesday

### I Have A Song To Sing

As songs go, they don't come much shorter or simpler than this but, my goodness, it packs a punch! It's a song of unity and coming together, building momentum along the way. Sincere, uplifting and great for remembering that *there's hope in our song.*



Click [here](#) for the song and [here](#) for the activity sheet



[For the leaders amongst you, participate in this PHSE lesson](#)

Share this lesson

**Your country needs you!**

In today's lesson, the Prime Minister has contracted COVID-19 through shaking hands during his official work. We must step up as his Deputy Prime Minister to lead the country by way of a formal public letter of guidance. The lesson works towards creating leaders - where we must think about how to provide the most relevant information in order that it influences people to act responsibly, collectively, and effectively. This guidance as a leader will help reduce the risk of COVID-19 transmission, thereby saving lives!

Watch Lesson



<p>Brushing teeth twice a day for 2 minutes helps to remove plaque and stop tooth decay.</p>	<p>Cleaning between teeth by using floss helps to remove plaque, stops cavities and tooth decay.</p>	<p>Visiting the dentist regularly helps to keep teeth and gums healthy. The dentist will check for any problems, and remove plaque from teeth.</p>
<p>Eating foods lower in sugar such as fruit and vegetables and snacking on nuts, seeds and crackers are good for dental health. These foods help produce more saliva (spit) and stop plaque building up.</p>	<p>Drinking water washes away food and any sugars left behind on teeth, helping the enamel stay healthy and stop plaque from building up.</p>	<p>Spitting out toothpaste after brushing instead of rinsing with water will mean the fluoride stays on teeth for longer and helps to protect them.</p>
<p>Forgetting to brush teeth can cause plaque to build up and over time, could cause cavities.</p>	<p>Fizzy drinks such as cola and lemonade are high in sugar and can cause tooth decay. They also contain acid which can harm the enamel.</p>	<p>Smoking creates plaque on the teeth and can cause tooth decay or gum disease (gums become sore, swollen or infected).</p>
<p>Eating foods high in sugar such as sweets, chocolate, biscuits and cake can cause tooth decay.</p>	<p>Rinsing straightaway after brushing will wash away the important protective fluoride in toothpaste that should be left to stay on teeth.</p>	<p>Not visiting the dentist for a check-up could mean dental problems like tooth decay or cavities are not treated and could get worse.</p>
<p>Juices and smoothies can count as 1 of 5 a day but they have sugar in and so just having 1 small glass with a meal is best.</p>	<p>Chewing gum after eating can help produce more saliva (spit) and stop plaque building up. Brushing teeth and flossing are more important though, as they clean teeth thoroughly.</p>	<p>Using a mouthwash can help to stop tooth decay but brushing teeth and flossing is still needed for good dental health.</p>