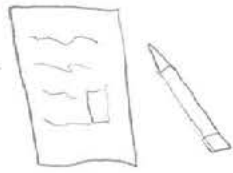




# **Children and Young People's Plan 2019-23**

All work produced by the children and young  
people in Jersey

# WHAT DOES IT MEAN TO?



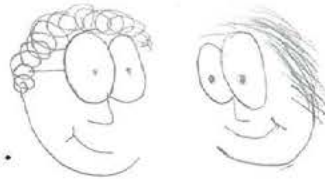
## LEARN AND ACHIEVE

- Having the right tools to help you learn.
- Money in schools to help pupils have resources.



## Grow up safely

- No threats violence.
- Protected.
- We know our rights.
- We know there are people to talk to.
- Less crime in Jersey feels safe.
- Article 32 - Children's Rights = All children have the right to be protected.



## LIVE HEALTHY LIVES

- \* Get good exercise.
- \* Have a healthy diet.



- \* When someone is negative, try to think in a positive mindset.

Swimming



Table Tennis



## Valued And Involved

- To feel part of a group.
- Include everyone, regardless of their ability.
- Our opinion counts!
- We have good ideas!

## ... IN JERSEY

Always do your best - never give up

## In School ~

- Being part of the School Council.
- Getting involved in Sports clubs
- Getting picked for teams.
- ~~my friends~~  
thoughts being listened to.  
School assemblies.

## In the island ~

- Cadets - Representing my Cadet force in events and Camps.
  - Even charity events
  - youth clubs ~~and~~ being able to
  - Governors events - The governors walk -
  - Shooting Camps
- 
- Representing Jersey → ~~A~~ Jersey Army Cadets in Shooting Camps.

## Children and Young People Plan Workshop

### What does it mean to grow up safely in Jersey?

- Everyone has a roof over their heads
- Everyone has the basic requirements for a good life style
- Everyone can access help lines if necessary

### What does it mean to learn and achieve

- Everyone has access to education E.g. states schools
- Everyone has the right to learn
- Everyone have access to a range of opportunities

### What does it mean to live a healthy life

- Everyone should have access to sports and keep them active
- Everyone should have access to doctors, dentists and opticians
- Everyone should be able to access the food for a balanced diet

### What does it mean to feel valued and involved

- Everyone should have the right to have their own opinion
- Everyone should choose their future and what they want to do
- Everyone should feel that their opinion is being respected



## Healthy Lives

We have the right to

- Healthy food
- Have access to good facilities
- Exercise tools and facilities
- Get good exercise

We need to

- Have a healthy mindset
- Think positively
- Plan for the future but live for today

## Growing up safely

- Children in Jersey should feel protected and safe
- We have a right to be protected
- Jersey has a smaller community than places like England, so we don't have much crime

- We don't often get threats of violence
- We know we have people to talk to
- We learn how to be safe on roads and bikes



## LEARNING

- We want to get a good job
- We want the right learning <sup>resources</sup>
- We set goals
- We try to be the best we can
- We take risks
- We learn from our mistakes and never give up!
- We get help and we help

We have a voice!

- Include us!
- We are the same!
- We feel important!
- Our opinions count!
- We have a right to be HEARD!



### At School:

- ★ having my thoughts + views listened to + respected.
- ★ being praised + encouraged.
- ★ being given responsibilities.
- ★ being given opportunities
- ★ gratitude / being thanked.

### In the island:

- ★ When I'm able to vote
- ★ Sports opportunities
- ★ contributing to local businesses / charities

### Any other activities:

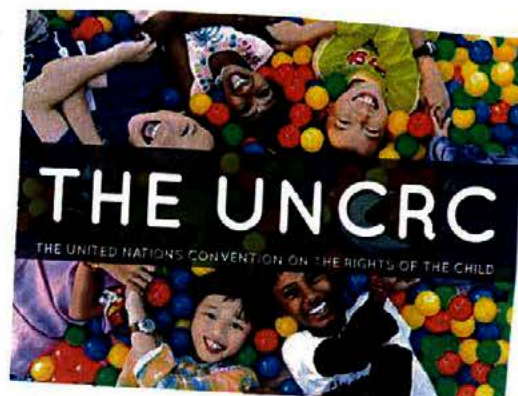
- ★ being involved in planning / running activities (St John)
- ★ Volunteering (reading @ grainville)
- ★ Shopping / living sustainably
- ★ donating



# Growing up Safely



A safe place to stay  
 A loving family  
 Friends by their side  
 Education for all ages  
 The government to stop abuse  
 You have the right to be safe.





## GROW UP SAFELY

We want all children in Jersey to feel part of a loving family and a community that cares:

- Community club in every parish
- Foster care in every parish
- More foster carers
- All people that are bullied get to go to a room and talk / express their feelings
- More zebra crossings
- Slower speed limits where schools are because children cross the roads
- More police around school crossings
- Be well fed
- Lolly-pop ladies at every school
- Stop Cyber Bullying
- Every road or street with houses near it should have a local store

### **What does it mean for you to grow up safely in Jersey?**

To be told that you can be safe while growing up lifts a weight off of your shoulders. When you look on the news and see all the crimes and atrocities happening all around the world to children, teenagers and adults alike you can become scared. To be told you are not going to be a victim of that is reassuring and will most likely bolster children's and my own confidence. Growing up safely also means at home and at school, when you are at home you should be living in a stable environment and at school you should feel supported by teachers and friends. Knowing that this will become a reality will encourage me and other children to learn and develop.

### **What does it mean to you to learn and achieve?**

To be told that you will be able to learn and achieve throughout your childhood and adolescence to attain your full potential, for me gives out a feeling of joy. Knowing that teachers will do their outright best to help you learn gives you the courage to ask for help if necessary. It means you will get the best start in life and that you will not be distracted by children in the class who may mess around. This means I can be happy and confident in knowing that I have done my absolute best and have the highest chance to gain a good job in the future.

### **What does it mean to you to live a healthy life?**

Knowing that you will be in the best care for physical and mental health helps to convince children to explore, learn and adapt while being looked after. At times all people will experience dips in their mental health, and being told that there is support out there if you will ever need it is enlightening. Being able to be advised in physical health like exercise and the right diet gives all people a fair playing ground to be healthy and experience life to the best that it could be, gives you an all around good feeling inside.

### **What does it mean to you to feel valued and involved?**

To know that you will be listened to and involved and taken seriously by adults and other children in your decisions and ideas, really boosts children's ideas, creativity and confidence in themselves. It lets you know that you can really make a difference and change things that can affect people in your surroundings. It lets you know that in school, teachers value your inputs in class and will put a stop to any criticism from school friends and others. This is what it means to me to be valued and involved.

**Daniel Wiseman**



# Cool Cycling Safety

Wear a helmet, Stay Safe, and don't do RAD Tricks!

 +  =  X  
 NO HELMET!



I'm so glad I used my helmet



Have fun!



By Darcey year 4



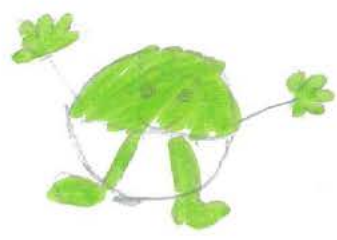
Stay Safe!

Let's go!

I need to keep my helmet on



remember!



Remember to wear your helmet!

# Growing Up Safely

## In Jersey

What does this look like?

Children having fun, not having to worry.  
Children expressing their joy.

What should this be like?

Children should be able to feel safe in their homes and their schools. They shouldn't feel afraid to tell a grown-up if they feel as if they are in danger.

What does it mean?

It means we can always feel safe because we know that there are grown-ups we can rely on such as parents, teachers, police...

Demi and Matthew



**Keep others and  
ourselves safe**

**Be caring and  
Considerate**

**Never give  
up, even  
when  
things  
become  
difficult**

**Take  
responsibility  
for our  
actions**

**Grow  
up  
Safely**



**Be  
thoughtful  
and  
respectful to  
others**

**Take  
pride in  
the  
things  
you do**

**Everyone has a  
right to their  
opinion**

**Try your best**



## Grow up safely

<u>What helps?</u>	<u>What makes it difficult?</u>
<ul style="list-style-type: none"><li>• Parents and teachers knowing what's right.</li><li>• eat healthy.</li><li>• be on time for medical appointment brush your teeth 3 times a day.</li><li>• follow people</li><li>• always check with parents online</li><li>•</li></ul>	<ul style="list-style-type: none"><li>• not listening to good advice.</li><li>• it is difficult to be safe online.</li><li>• be careful while on the street don't expect or talk to strangers.</li><li>• street lights not working.</li><li>• ask people before interacting.</li><li>• be extra careful at night time parks are not safe at night</li></ul>

### How we would like those in charge to help us to grow up safely?

- more recycling
- better parks in ~~Sancti Spiritus~~ Tersey
- free healthy food in Tersey



# Grow up Safely

Warning!

Don't feel embarrassed to call the

NSPCC



This is a website that you can go on if you need or want to. They will always pick up.  
The number is: 0800 11 11

We are here for you!



If you feel unsafe or upset,

TALK TO SOMEONE

• You Trust •

Tell a...

- Teacher
- Mum
- Dad
- Priest
- Grann
- Grandpa
- Friend
- Older member of family
- Pet

What it means to us to grow up safely

• Have a loving family.

- Something to keep you occupied for example a pet.
- water
- food
- warmth
- shelter
- feeling safe around people.
- Education

Tips to keep safe

- Don't talk to strangers
- Stay out of trouble.
- Knowing your boundaries
- Listen to what your guardians say
- Asking for help
- Knowing you are not alone
- Don't feel scared to speak to an adult.

Don't trust people that talk to you online.

# BE SAFE



in Jersey

I feel safe with my nan.

I feel safe as I swim

I feel safe when I'm with some friends





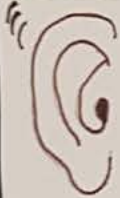
Protection from  
all types  
of  
abuse.

"No means No"

A loving,  
caring family.



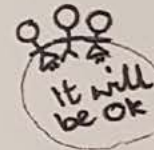
Feeling  
listened  
to.



Everyone should  
matter and  
feel  
welcome.



A sense  
of  
belonging.



Education  
and support  
about  
how to stay  
safe.





Firstaid

What is the number to call if you or someone else is in danger?

999



Police

Grow Up Safely

Do you know your address you should. If you don't because you are out somewhere don't be shy to ask?

Fire

Water

Police

Know the People you trust Phone numbers?

Grow up Safely

Do you know that there are lifeguards on the beach?

Don't cross if the red man is Water





Do something  
about  
BULLYING!

The 4  
SAFE  
E'S

HELP PEOPLE  
WHO  
NEED IT!

S Be Safe

M Don't Meet up

A Ask an adult you trust

R Reliable?

T Taking emails can be dangerous



Everyone should  
live in a safe place  
with their family e.g. house, flat.

Environment

GROW  
UP  
SAFE!

E-SAFETY

BE SMART!

SPEAK  
UP!

Emergencies

Emergency numbers

Grow Up Safely



Walk or cycle more than  
using a car.

ECO



→ Always recycle



→ Don't litter



→ Turn off the light



Grow more...  
→ Save the  
environment!

Trading  
Standards  
448160  
Child accident  
Prevention  
443614

Emergency - 999  
Ambulance - 444700

Fire - 445906

Police - 612612

General hospital - 442000

Coast guard - 447705

Jersey electricity - 505460

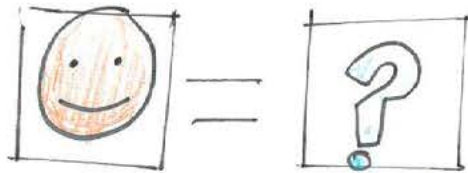
Jersey gas emergencies - 755555

Out of hours G.P. Services - 445445

Family nursing and home care - 443600

KEEP!SAFE!

# E-SAFETY



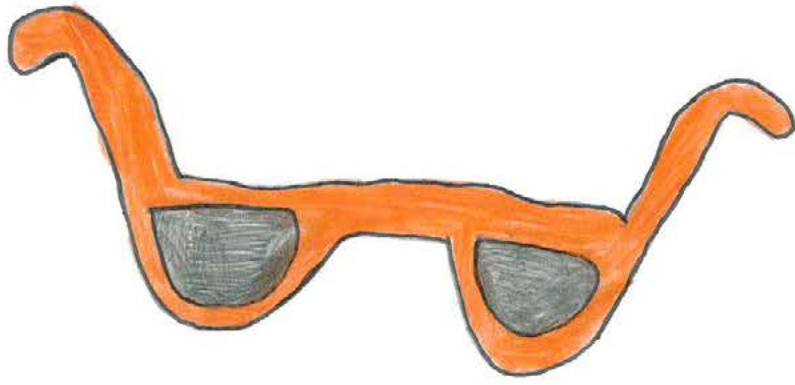
you never know  
who you're speaking  
to. Never give away  
your personal information:  
full name; address; E-mail etc

remember  
you belong to  
you. Never let  
someone bully  
you into doing  
something you  
don't want to.

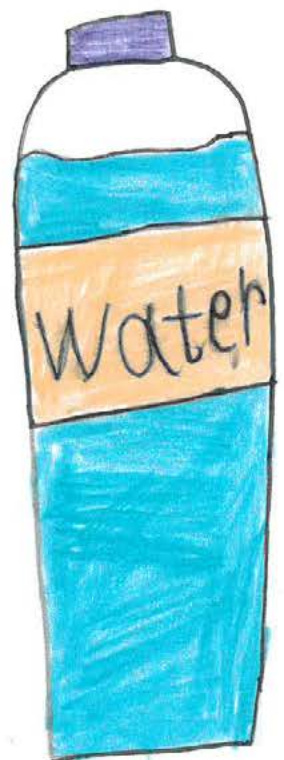
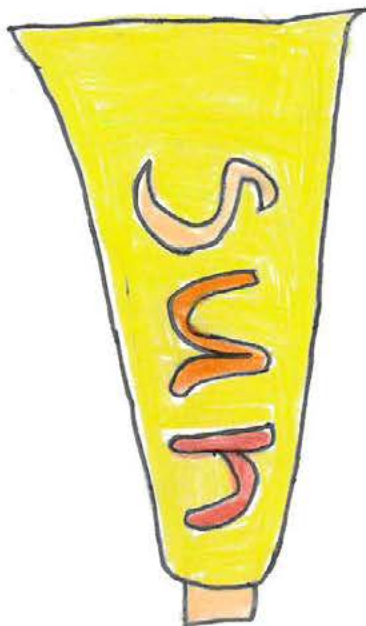
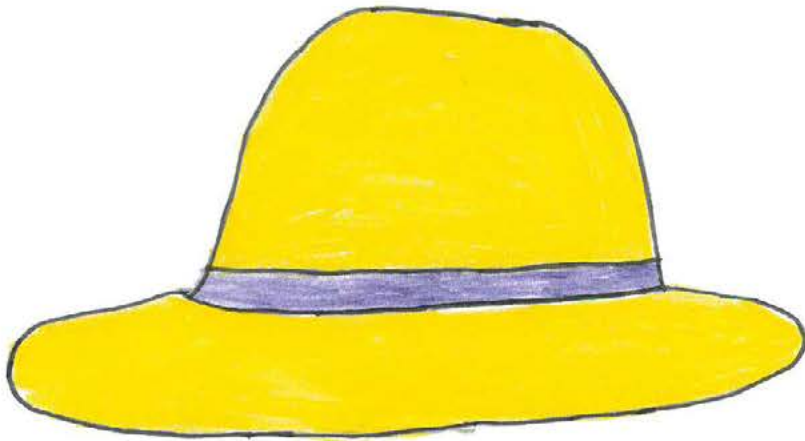
tell a parent if anything  
alarms you you need to!  
don't listen to anyone  
bullying you either.



# Summer Safe



It is  
good to  
be safe  
in summer  
because  
you can  
get very  
badly  
hurt.



melissa VE



# GROW UP SAFELY

TO GROW UP safely you need Shelter, Food, Water, What I need

and Love also education for example parents or guardians to keep you happy  
and safe Some people need a private place or spot to share your feelings





GROWING

UP

safely!



Jersey is a special place to grow up because we have lots of caring people to look after us, such as our parents, teachers, policemen/women, fire officers, doctors etc. It is almost crime free and safe to live in.

To stay socially safe, you need to be aware of who to trust. Alert! Stranger Danger! Some people aren't who you think they are. Make sure you always stick by an adult and never go with anyone you don't know.

To stay safe when you're not at school or elsewhere, you need to be around people who take care of you and you love. A child should NEVER live on their own. They need someone to prepare food and to help with other essential duties. Being sad at home affects how you are in school as well.

Pan  
European  
Game  
Information

Ways to Stay  
Internet Safe:

Get a parent to monitor films, games etc

Never give out passwords or personal information to any one you come across online

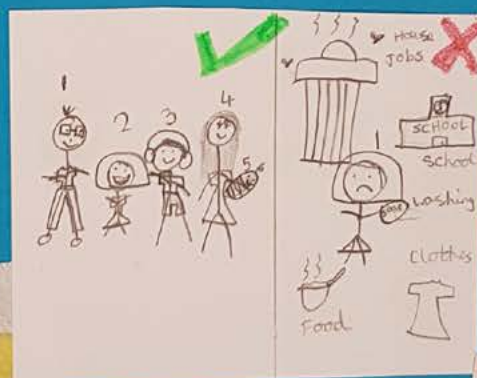
Always check age ratings, PEGI ratings for games and other online sites and other TV shows

If you have been bullied or are upset about something, it makes you feel a lot better when you talk to someone. Youths of our day need people to express their emotions to.



STAY ROAD

SAFE!



Some violent movies, or video games, contain things kids aren't ready to see. Check ages to make sure things aren't too scary/inappropriate for different age groups.

Pokemon GO  
13+

Fortnite  
13+


The Sims 4  
12+

Five  
Nights At  
Freddy's  
12+

Minecraft  
8+

Episode - Choose  
your story  
15+





Children  
need  
to  
be  
safe



R

Rights should always be followed

I

Information about childrens rights should be shared

G

Gender doesn't matter

H

However poor or rich you should be treated the same as others

T

The government should protect children from sexual abuse.

S

Safety is important to all children.





## Grow up safely

<u>What helps?</u>	<u>What makes it difficult?</u>
<ul style="list-style-type: none"><li>• Knowing what is <del>is</del> right by our teachers &amp; parents telling us.</li><li>• Eat healthy.</li><li>• Not missing doctor or dentist appointments.</li><li>• Brush your teeth 2 a day</li><li>• We brush our teeth 3 a day at Janvrin.</li><li>• A lollipop man at the end of the day at school.</li><li>• Have passwords on your accounts.</li></ul>	<ul style="list-style-type: none"><li>• Don't listen to good advise</li><li>• Information is easy to get so it is unsafe online.</li><li>• Broken traffic lights</li><li>• Don't go on your phone if you are walking or driving.</li><li>• Don't talk to strangers or take anything.</li><li>• Street lights not working</li><li>• Ask the owner before you touch animals.</li><li>• Drunk people in parks</li><li>• Broken glass everywhere.</li></ul>
<ul style="list-style-type: none"><li>• Don't buy things from strangers. or meet up with them. Look.</li><li>• Not being judged on how you look.</li></ul>	

## How we would like those in charge to help us to grow up safely?

- Have more glass bins.
- Have more parking spaces.
- Solar pannels in Jersey
- One day a week free fruit for schools.



**Learn and Achieve**



What is learning to me?

Learning to me is sitting at my desk and looking at a board, doing equations, and discussing the answer with other children.

What learning did we see in Reception?

Them learning how to share and doing their sounds and learning to socialise.

What is achievement to me?

Getting all green on my learning objective and resiving my pen licence.

What achievement did we see in Reception?

One of the children getting star status, and getting all their sounds right.

From what you have seen in Reception, how does it provide them with the best start to school?

Linking their learning with what they like, knowing their sounds, manners

From what you have seen in Reception, how does it have high standards?

Taking pride in their class and taking pride in what they know.

From what you have seen in Reception, how will it help more children to achieve the expected level?

It is planned even though it looks like play.

~~From what you have seen in Reception, how will it provide them with the best start to school?~~

From what you have seen in Reception, how does it make sure that children have a high attendance?



# What does learning and achieving mean to me?



To me, learning and achieving doesn't necessarily have to be major achievements and successes. If you are happy with all that you have worked towards and you know deep down that you are wanting to choose your own path, then I suggest, just go for it!

I haven't always found learning the easiest. In secondary school I used to always follow the crowd and I never believed that I could be good at anything. But, then I realised when I went to college, I was an emotional person who had the most incredible support from tutors who believed in me taught me amazing strategies that I use day to day when completing my assignments. It's good to recognise when we require support from others to ensure that our learning is fulfilled in all amazing and positive ways! Because of college, I am now able to flourish in the most amazing ways possible and even got my A\* at the end of level 2 childcare when I never thought I could ever achieve anything.

So, don't ever feel like you aren't good enough and you aren't able to achieve anything, just remember that you have the potential to be whomever you want to be and do whatever you want to do you can do this, think positive and be your true and amazing self! You never know unless you



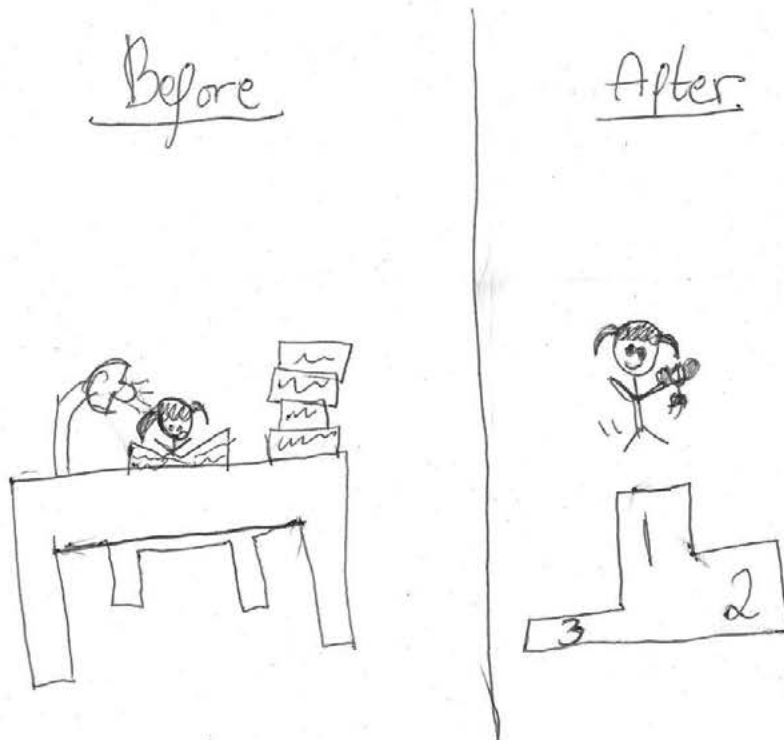
You have been selected to attend a workshop, which is part of the Island-wide Children's Plan.

Before this workshop, we would like you to draw, write, design or produce a digital piece of work to illustrate what you think of when you read "**Learn and Achieve**"

You can be as creative, honest and imaginative as you wish!

Being Who you truly are in life.

Going above your ability.



It makes me think of a girl studying hard and winning and becoming the best in her ability.



## **LEARN AND ACHIEVE**

We want all children to have the best start in life and go on to achieve their full potential

- More drama in school
- More P.E
- Go to France because all the other school get to go
- Get a tuck shop
- Get more active in school
- More support
- 8hr of school every day
- Restrictions on phones
- School council
- Idea clubs
- More homework
- More school productions at the Opera House -they only do it in Secondary school not Primary school.
- 30 mins extra in school and no homework

LEARN AND ACHIEVE!



FROM ZERO...

# TO HERO!



Believe, Achieve, Remember



# Highlands College

## Some day in the Future by UAL Performing Arts L3 Yr 2

A C#m D

Some day in the future

D A

I will leave

D A

I'll be the best person

B7 E A

I know that I can be

A C#m D

Through my own dedication

D A

I'll achieve

D A

And from working together

B7 E A

I know that I'll succeed

A

So Highlands has been good so far

D/A

Inspiring and encouraging

A6 D

My dreams

A

Through innovative teaching styles

Cdim

And working hard and having fun

Bm6 D/E E

With pride and diversity

A C#m D

Some day in the future

D A

I will leave

# Trinity School Learn about Learning

2018 got off to an inspiring start at Trinity School. As we returned to school, we discovered that instead of our normal lessons, each class would be learning a new skill... a skill that our teachers had to learn too! This was to help our metacognition skills. Year 6 have interviewed children and teachers from around the school. Here's what we learnt and how we got on.



"Nothing is impossible  
the word it says says  
"I'm possible"

"Everyone who works with children should do what is in the best interests of the child."  
Article 3 United Nations Rights of the child

"learning new techniques"

"concentrating"

## METACOGNITION



"Thinking about learning" "Doing new subjects"  
"Metacognition like when we do the learning about learning and working through the learning pit"

## Learn and Achieve

### Memorable



"Learn about new things on our trips  
like in the zoo"  
**EXPERIENCES**



"Exciting"

"Fun"

"Having fun and learning"

"Achieving new things!"

"We got awarded the UNICEF silver award."



Jigsaw

Making decisions

Pupil voice

"To learn about our rights is good because it is important for children"

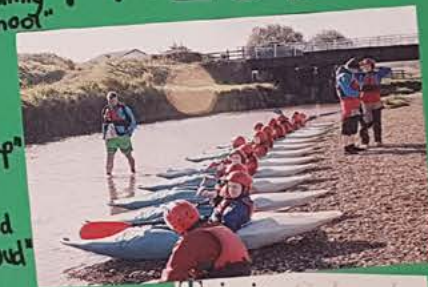
"Learning life skills"



"Representing the school"

## PRIDE

"Medals and awards"



"Not giving up"

"Happy and proud"

"You've nailed it"  
"Completing a challenge"

"Don't give up until you are proud"

"Done what you have been practising"

Trinity School  
Thursday  
8th of March  
was a  
**big day**  
for Trinity School

You have been selected to attend a workshop, which is part of the Island-wide Children's Plan.

Before this workshop, we would like you to draw, write, design or produce a digital piece of work to illustrate what you think of when you read "**Learn and Achieve**"

You can be as creative, honest and imaginative as you wish!

Learn - to gain knowledge/skills by studying, being taught or from experience.

e.g. Learn history by studying.

Learn how to ride a bike by being taught.

Learn about a country by going there.

Achieve - to reach a goal through hard work, skill or courage.

e.g. graduating from ~~college~~ college (hard work).

Making a risotto (skill).

Talk to a large audience (courage).



# Learn and Achieve

Dear mrs ship#ton-Taylor,

I believe that learn and Achieve means for children to be able to be educated and to be able to be well educated. Also, this means that a child could be recognised after achieving something as their goal or what not. Personally I think that children should be recognised for their achievements because it can give them a huge boost in confidence and can also push them to try harder and produce their very best.

Yours sincerely,

Kate Condon



VectorStock

VectorStock.com/574792



FOLLOW YOUR  
**DREAMS**

# Believe In Yourself

Learning is hard **but** you can do it just **believe** in yourself because **WE** believe in you.

We know can, whatever you do, just put your mind to it.



**Don't** let anything **STOP** you because you have so much talent to show people, you should show people how talented a different you are to others.



Everyone is different in their own way. **Don't** be **scared**, show how you are feeling and your talents because I think people are **scared** to express themselves **but**

**You** don't need to be.

By **Murray**  
**Le Masurier.**



Rights Of The Child = Are  
for every child in the world.

Good test results + Perseverance =  
More opportunities for a better  
job.

We use team work at school  
and use it at work.

Learning respect for others,  
will make us better people.

Learning and achieving in all  
subjects is important not just  
in English and Maths.

Learning and achieving makes  
us happy and helps Jersey.

Maths + hard work = Better  
education.

Team work and communication  
helps us make better friendship  
and to be more confident.

LEARN AND  
ACHIEVE



"Everyone who works with children should do what is in the best interests of the child."  
Article 3 United Nations Rights of the Child

Respecting everyone's  
Learning Journey

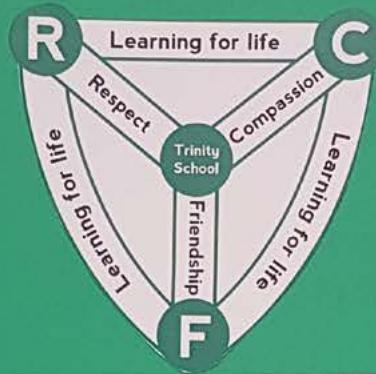
"We learn for life."

"Always respecting everyone's journey to learn."

"Respecting everyone's journey everyone goes different speeds."

"Always try to improve to succeed."

"Respecting everyone one if they make a mistake because we can learn from them."



## Learn and Achieve

Early Years -  
Great beginnings

Big Smiles  
and  
filling buckets



"Making people happy."

"Kindness."

"Friendship."

"Making sure people and friends are OK."

"Helping people."

"Make new friends."

Achieving goals  
+  
Dreams



"To achieve your best!"

"Achievement takes baby steps."

"By leaving you achieve."

"We persevere to achieve."

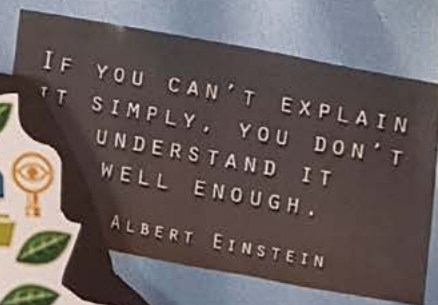
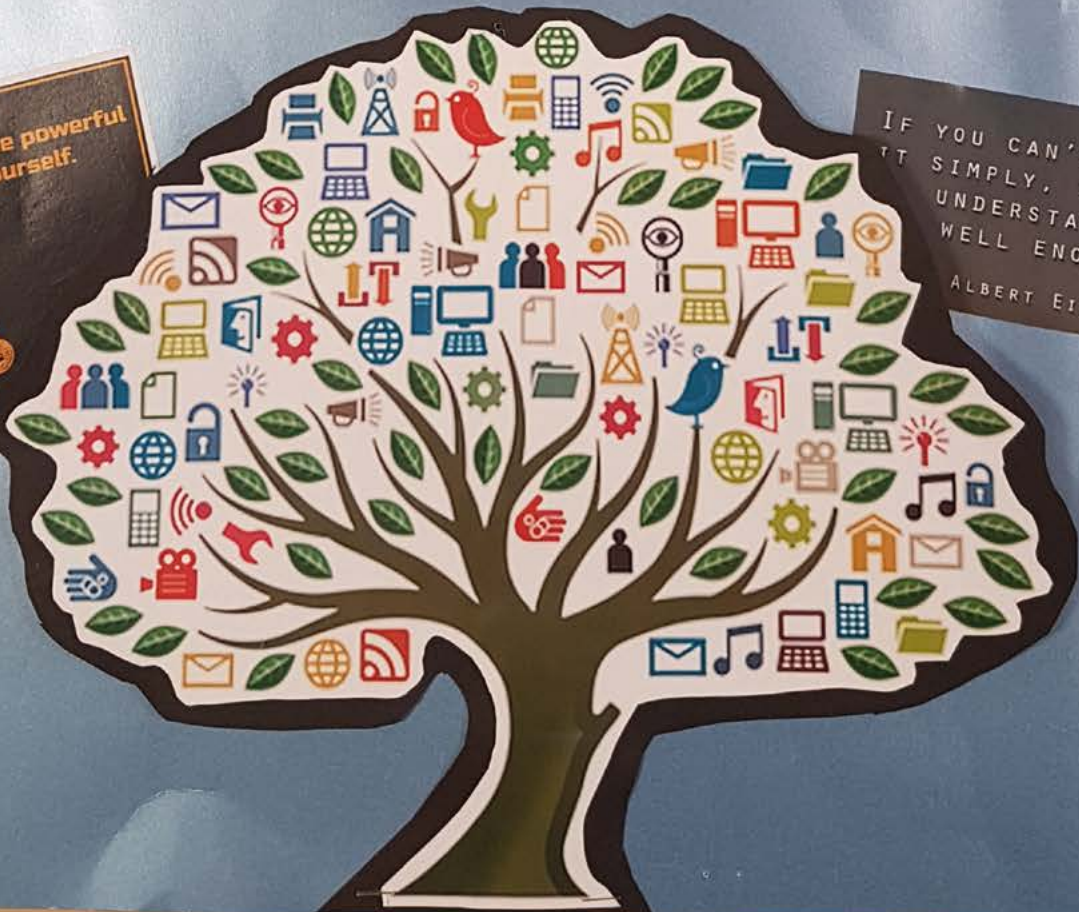
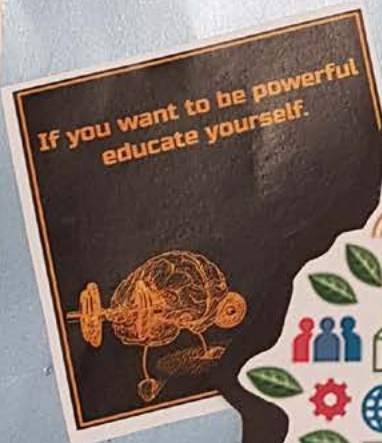
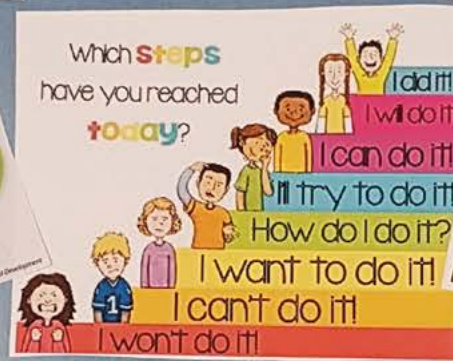
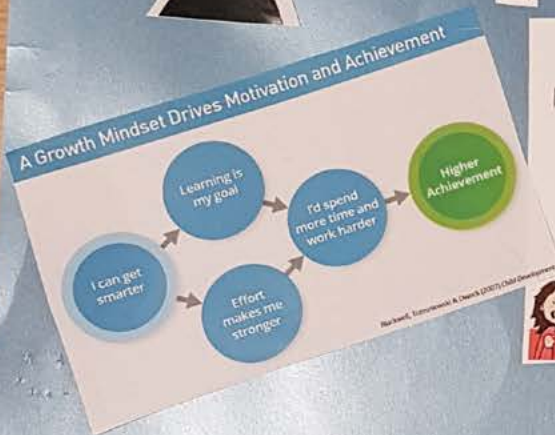
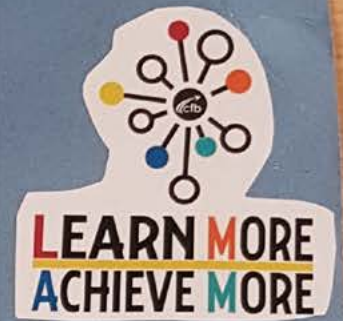
"Achieving your goals."

"Don't stop believing."

"We aim to achieve our goals and dreams."



**Learn & Believe**  
**Grow & Achieve**











**Live Healthy Lives**

### Healthy food to eat

Vegetables  
Fruit  
Grain foods  
Dairy  
Protein

Done by

Arabella  
Elizabeth and  
Nadia

Mont nicolle School  
year 5

### We need exercise

Our body's need to be exercised all  
the time to keep us fit and healthy

- Shelter
- healthy food, fruit and veg
- being clean
- Having lots of water
- Education
- Warm clothes + shoes.
- Having warm blankets and a bed
- A loving family
- A place to call Home.
- Having friends
- medical attention.
- Doing what makes you happy-

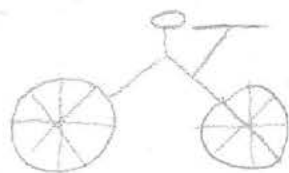
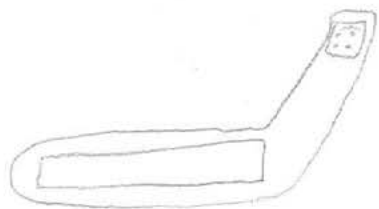


### Why Do We Need To Eat Healthy Foods

We need to eat healthy food because are body needs vitamins and nutrients so we grow properly and concentrate. We need to balance our food diet. It is not good for kids to be on diets all the time ,we need to extend our food diet.

- exercise
- Having somewhere where you feel happy.
- Courage and faith
- believing in yourself
- caring for others.
- Succeeding in what you work hard on.
- working hard
- Relaxing and having a break some times
- Making yourself and others happy.
- Being ~~helf~~ helpful and helping others.

# Live Healthy Lives



Here's what some children think about Live Healthy Lives



Living Healthy Lives means to feel fit and happy by doing exercise, eating fruit and vegetables and thinking about the positive and sometimes even going on a diet.

Live Healthy Lives makes me think about eating fruit and vegetables and no junk food.

Live Healthy Lives makes me think about fruit and vegetables, exercise and children because children eat lots of fruit and vegetables to get healthy for later life.



# Live Healthy Lives

All rented flats and houses should be mold and damp checked!



# LIVE Healthy Lives....

Dan & Y/Lt, Mont Nicolle

Take a good exercise...

Eat Healthy food and Vegetables...

Eat your 5 a day...

do not eat too much  
Sugar etc



Healthy heart

and brain.

Always Feel Safe...

Feel Safe at School...

people to talk to  
when you need them...

good adults and friends.

Making good choices eg. time to  
exercise.

look after your feelings.

Be happy, don't worry.



LIVE HEALTHY LIVES

Mental WELLBEING!



Be ACTIVE!

Healthy DIET!

Plan for the FUTURE,  
but live TODAY!



Water



MEAN  
TO

Grow Up Safely

Protect us!  
~~children~~

Safe!



Children have the  
RIGHT

to be protected!



Learn and Achieve!

Valued and Involved

LISTEN

BALLOT  
PAPER

We are important!

Children Matter

Include EVERYONE!



Have confidence!

Be yourself!



LEARN FROM YOUR  
MISTAKES!



Resilience!



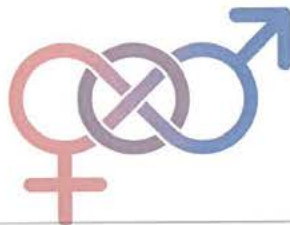
# PHYSICAL HEALTH



# MENTAL HEALTH



# SEXUAL HEALTH



# LIFE STYLE



# SOCIAL FACTORS



# DIET



- \* BODY IMAGE
- \* EXCERSIZE
- \* SOCIAL MEDIA
- \* EXPEC-TATIPONS
- \* LACK OF OPPURTUNI-TIES
- \* EXPENSE

- \* SOCIAL MEDIA
- \* BULLYING
- \* ROLE MODELS
- \* FAMILY LIFE
- \* STRESS/ ANXIETY
- \* MALE SUICIDE RATE 18-40

- \* BROOKE HEALTH CARE
- \* PSHE
- \* GENDER
- \* LGBTQ+
- \* STD
- \* TEEN PREGENANCY
- \* LOWER COMPARED TO UK

- \* SMOKING DRINKING HAPPENS A LOT MORE AT A YOUNGER AGE
- \* DRUGS
- \* PEER PRESSURE

- \* FAMILY VIOLENCE
- \* FINANCE
- \* JP (JERSEY PREMIUM)
- \* LACK OF QUALIFICATION
- \* CRIME
- \* LIVING ENVIRONMENT
- \* RELATIONSHIPS

- \* FRUIT + VEG (5-7)
- \* WATER INTAKE
- \* PORTION SIZE
- \* FOOD GROUPS
- \* FOOD ROUTINE

# Live healthy lives...



- same level of importance for physical and mental health, learning coping strategies from a younger age such as meditation, yoga?
- balanced nutritious diet, promoted in schools
- regular exercise in schools
- advice for parents on what a balanced and nutritious diet means
- how do we deal with the effects of child poverty on health?
- free medical care? (dentists and doctors) opticians  
(means tested)
- encouraging friendly <sup>non-competitive</sup> sport teams to avoid exclusion (and a variety of choices)
- fun types of sports e.g. zumba? encouraging people to find the sport they like
- sharing ideas between schools on how to encourage healthy practises → forum?
- everyone loves a good app (Student discount)
- change for life type app (gives people ideas)









Vitamins



Fruit

HEALTHY EATING

Protein



Reduce Sugar

Balanced Diet

EXERCISE

Gym

Dance

Respect Nature

Reduce Litter

Reduce Plastic



# Live Healthy Lives



Trusting Someone  
SUPPORT

TRUST



Family



Teachers

Friends



Sun Safety



Drug Safety



STAY SAFE

Internet Safety

Hygiene



Fire Safety



Having Fun!

Enough Sleep



LIFE BALANCE

Resting

TV







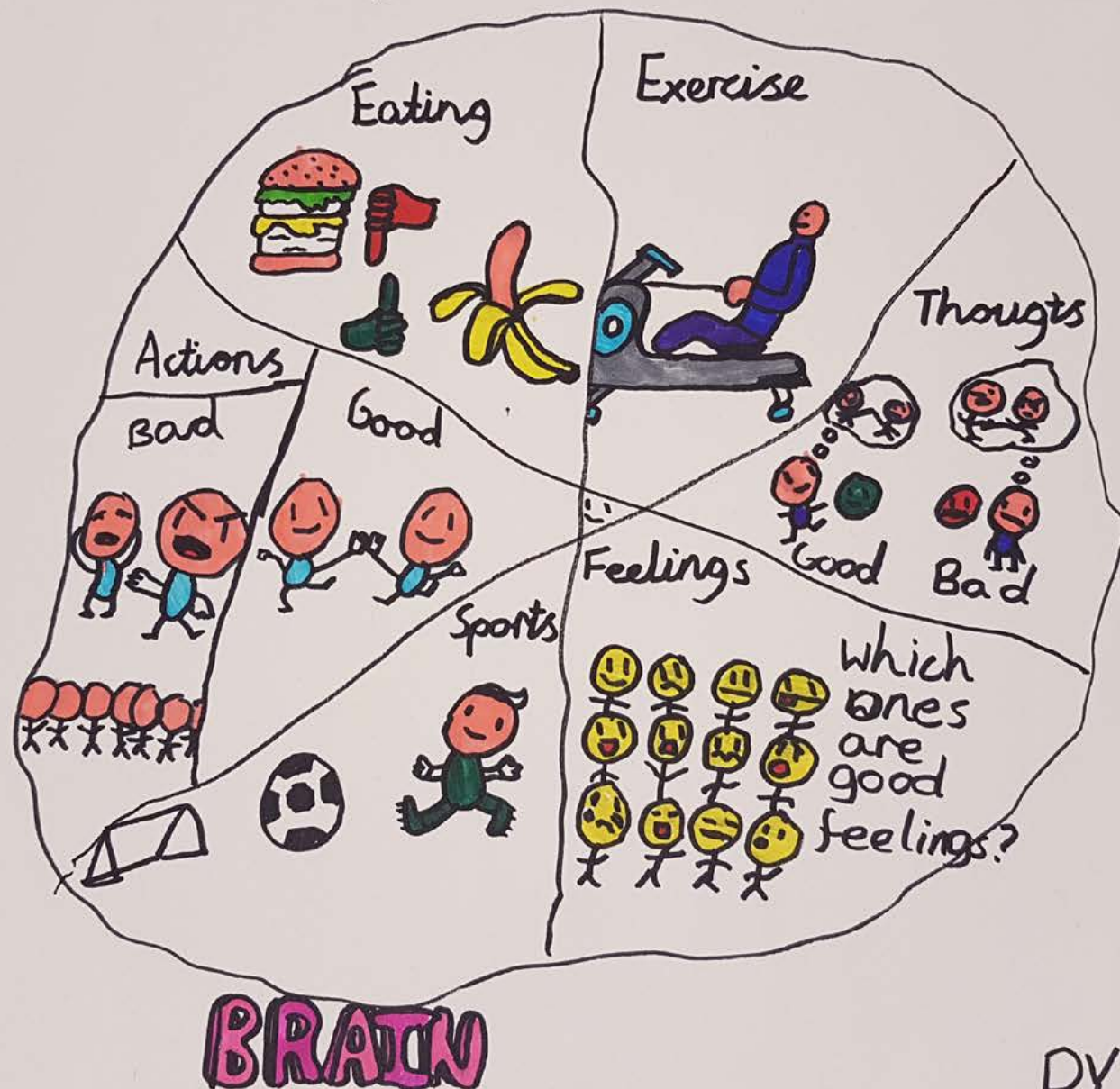


## LIVE HEALTHY LIVES

We want all children and young people to enjoy the best health and wellbeing possible

- Clean facilities
- Eat healthy food
- A good house / flat so no mould or damp – because housing never sorts it out
- There should be free classes for well-being for everyone
- Healthy houses
- Every place should be able to have children
- They should make more affordable houses
- All children should have a friend
- Families with children get homes better priced
- Have people that love you and respect their feelings
- Soaps and shampoo should be free all children should have an animal
- To have resources
- Need proper plumbing
- Houses should be checked regularly
- Free hot baths for everyone once a month

# LIVING A HEALTHY LIFE



BY AUSTIN C





Happy

Get more  
active to get  
oxygen in  
your brain



Go on more adventures  
it's fun



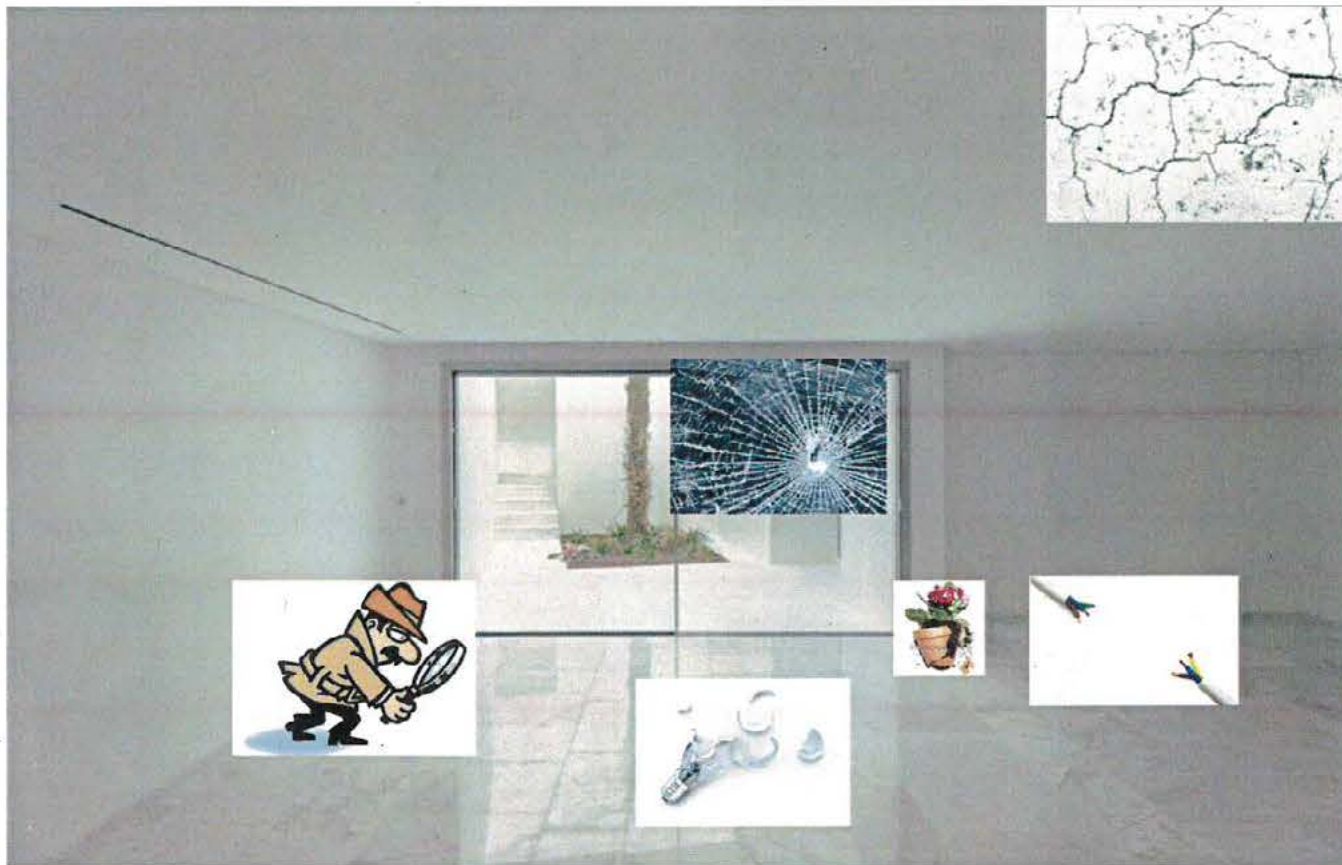






# Live healthy lives

All houses and rented house/flats should be checked regularly.

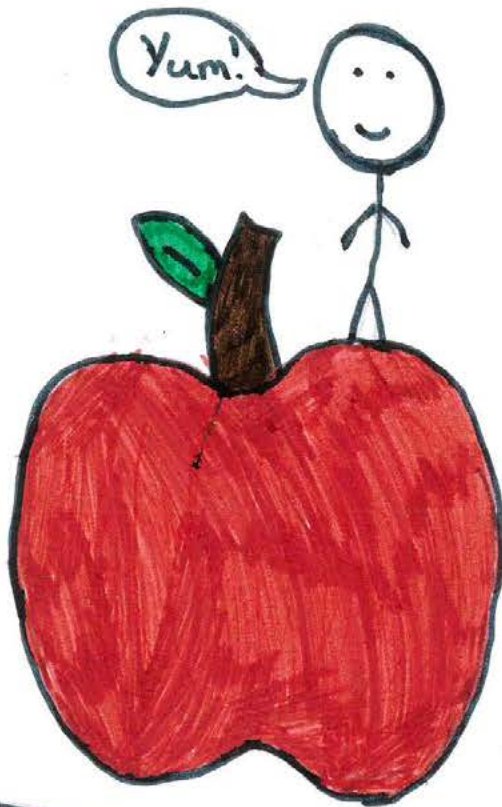


## Healthy Lifestyle Plan

- 'Student Voice' - to have our say in what goes into healthy life styles section of the children and young people's plan.
- Access to wellbeing facilities such as a wellbeing room, sensory room, chill out areas, school counsellor, key worker and CAMHS.
- Learning opportunities in different environments in and outdoors.
- School day is structured so that no home work is necessary. This will relieve stress.
- Promote good feel factor by praising and recognising things that are done well by children and young people.
- Food provided and offered in schools should be healthy and part of a balanced diet. Schools to sign up to be part of 'Healthy Eating Schools' programme.
- Schools have a programme that provides ALL students with opportunities to take part in healthy activities. Such as 'Couch to mile' to promote a healthy lifestyle.



# Healthy Living Is...



**Dietary Health**

**Physical Health**



**Mental Health**



# Healthy

# Lifestyle



Hi I'm Zesley  
I will tell you about  
living healthy lives  
to means to molly  
and Harriet.

F u n



F a c t



ZZZ  
ZZZ  
ZZZ

## Exercise

Exercise is very important for your health. If you don't exercise you could become obese. Some ways you can exercise are:

- You could go running 15 mins a day.
  - You could go cycling round the cycle track.
  - You could go to the gym/leisure centre.
  - You could go swimming every other day.
- So there are four things that you can do to exercise. Remember to eat Healthy too.

## Resting

If you don't sleep then you will get very tired and poorly. Without rest your body will ache and you will not have those crazy dreams when you fly around on a tiger that feeds rainbows. Also you would not be able to process your information you learnt that day.

No Sleep = Bad Mind and Body.

F u n



F a c t

## Hydration

If you are not hydrated then you will recognise those symptoms:

- Getting dizzy
- Needing water
- getting faint
- feel dizzy

If you feel any of those symptoms you may be dehydrated. If you are dehydrated then be sure to drink a lot of water. but not too much to quick that you start to feel sick.

## Healthy Eating

The pie chart you see has five different sections:

- Green = fruit and vegetables = 30% of the chart.
- Yellow = carbohydrates = 30% of the chart.
- Blue = protein = 15% of the chart.
- Purple = fats and sugars = 7% of the chart.
- Red = milk and dairy = 15% of the chart.

fruits, vegetables and carbohydrates are the highest percentage on the pie chart. It would help you keep a healthy lifestyle if you stick to a chart like this.

Food Pie Chart



Too Much Electronics...



can be unhealthy







## What does it mean to you to live a healthy life?



### Football Team!

The football team is a mixture of boys and girls. Football is a competitive sport. Football keeps our fitness up. We do cup matches after school. We usually do weekly football matches on a Saturday. The football team have to wake up quite early so they're not late for the game. The A team match starts at 9:10am but they have to be there at 8:45am so they can practice. On the other hand, the B team match starts at 10:10am but they still have to be there at 8:45am.



### Things To Keep Your Heart Healthy

- Exercise regularly, so it becomes a daily routine.
- Go outside for more vitamin D levels (vitamin D comes from the sun.)
- Focus on eating a good balanced diet, with manageable courses.

### Balanced Diet

If you want to go on a diet there's one thing you need to understand. Eating too much healthy food all the time is actually bad for you. There is something called a balanced diet. It's a diet that allows you to have a bit of fat and sugar.



### Netball Team!

The netball team is a group of Y5 and Y6 girls. Netball is a competitive sport. Netball keeps our energy levels high and gets our fitness up. We do matches after school on a Monday. If we don't have a match it's normally training. On the days we have a match we have to get changed into our netball kit after we have had our lunch. It's usually the A team who have matches and the B team have training. The training starts straight away from 3:00pm-4:15pm. It depends if we have either a home match or an away match. If we have an away match, we have to travel all the way up to their court; the match then starts at 3:15. If it's a home match have to wait for our opponents to arrive. By that time it's 3:15pm.

There are lots of benefits to playing sports and activities such as they keep our fitness up, our heart pumping, and our energy high, we can make new friends and helps us to develop new skills.



## What does it mean to you to live a healthy life?



Jack, 8: I think you should go out regularly and exercise.

Flynn, 7: I don't think sugar is very good for you so you shouldn't eat too much of it.

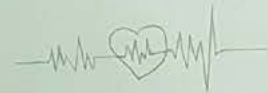
Millie, 11: I like to cycle and walk my dog regularly. Also, after exercise I check my steps and my heart rate on my Fitbit. I often try to get my steps up to 10,000.

Paris/ Yr4 teacher, 28: Being healthy is looking after your body by having a healthy, balanced diet with lots of fruit and veg. It is also exercising on a daily basis, being able to clear your mind and to take control of your body.

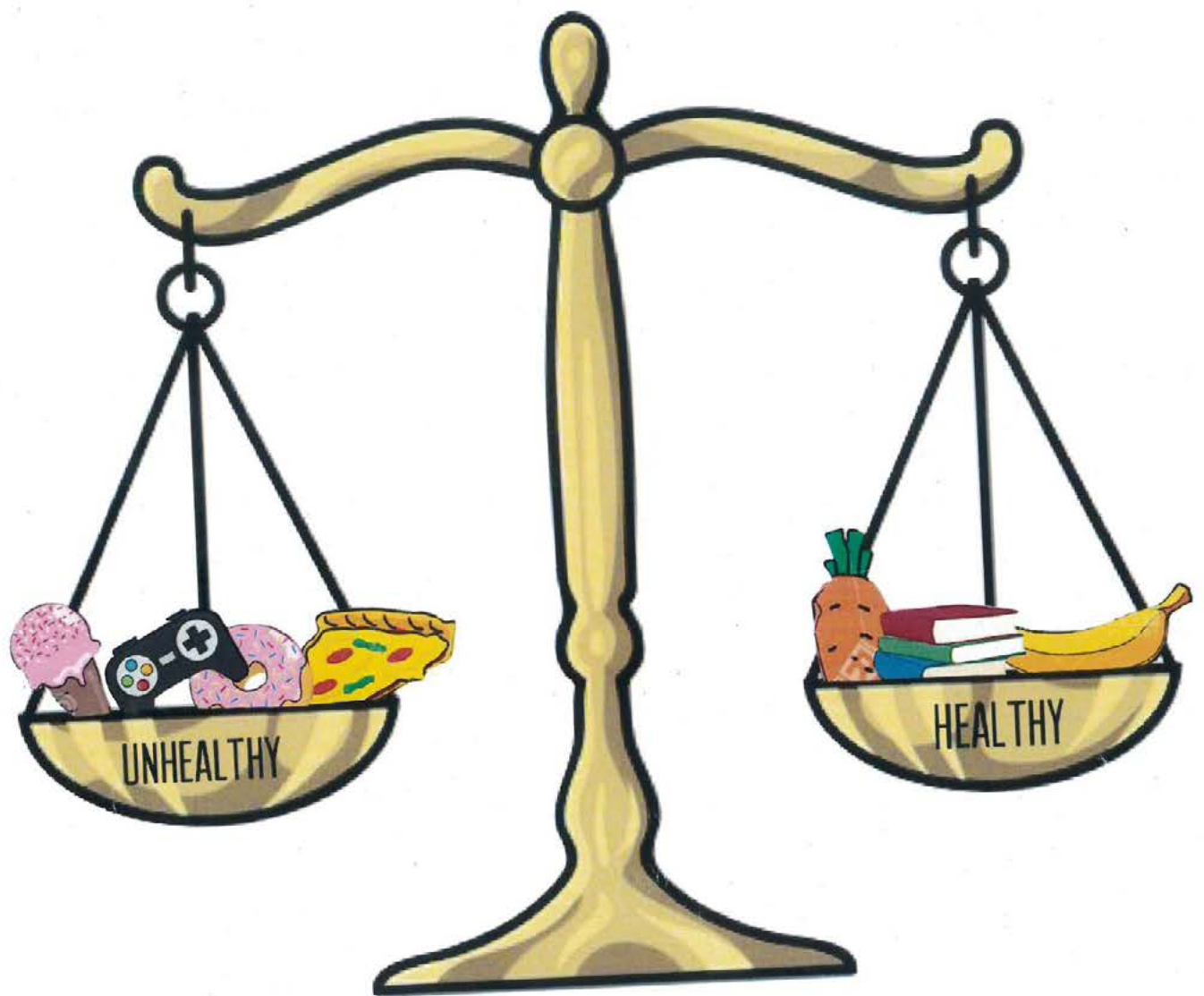
Dante, 10: I think that most people should at least try to get 5 fruits or vegetables in a day. Fruit and veg are full of vitamins and minerals to keep us healthy.



Christine/ secretary, 30: In my opinion, exercise is very important. Exercising and eating well is very good for your heart.

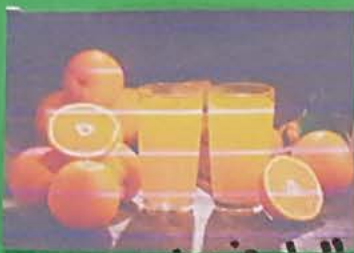


Live healthy lives





# How To Live A healthy Life



orange juice is better for you than fizzy drinks



## Stay fit AND healthy!

Water is the best drink for you but if you don't like it, you can make it more interesting.

This is a plate me and my sister made about a balanced and healthy meal. It shows the proportions of different types of food.



Sprouts aren't just for Christmas!



This is what I do to keep fit. Keeping fit is really important to keep your body healthy.

## eat your Five a Day



even if you don't like fruit and veg you should still eat them because they're good for you





FIVE-A-DAY



EAT HEALTHY



be adventurous



TASTY



A HEALTHY "YOU"  
By SEDNEY FOX

STAY FIT DON'T QUIT



HEALTHY HEART... HEALTHY MIND



A BALANCED DIET



GUIDELINE DAILY AMOUNT (GDA's)

	Woman	Man	Children aged 9-13 years
Energy (kcal)	2,000	2,500	1,800
Protein (g)	45	55	35
Carbohydrates (g)	225	300	220
Sugar (g)	90	120	95
Fat (g)	70	95	70
Saturated (g)	30	30	25
Fibre (g)	24	24	15
Salt (g)	6	6	6

Individual needs vary considerably, so use this as a general guide only. Ask a registered dietitian if you feel you would benefit from personalized advice. Not every variety, depending on the ingredients used. Only listed ingredients.

FIND HEALTHIER RECIPES



Cook light

### HOW WE MADE IT HEALTHIER

- **WE REDUCED THE CHOCOLATE** We reduced the fat and sugar by using good quality cocoa powder (look out for 70% varieties) and cut back on the relative heaped chocolate.
- **WE USED DATES** Fruit purées are often used in baking to add moisture and sweetness. This allowed us to take out all the butter, around two-thirds of the sugar and some of the eggs.
- **WE TOOK OUT THE WHEAT FLOUR** and used a mixture of ground almonds and rice flour; as our cake is gluten-free. Almonds contain valuable nutrients, such as protein, fibre, vitamins B6 and E, magnesium and phosphorus. Combining the rice with rice flour also keeps the cake light.
- **WE SWAPPED THE GANACHE FOR A LIGHTER FROTHING** Ganache is made with just two ingredients: double cream and chocolate - adding up to 661 kcal and 44.1g fat per portion! We got that down to 401 kcal and 17g fat by using lower-fat milk-shakes, cocoa powder and sugar.

TRADITIONAL MISSISSIPPI MUD CAKE	HEALTHY FOOD GUTHE MISSISSIPPI MUD CAKE
Per slice	Per slice
● 960 kcal	● 301 kcal
● 9.8g protein	● 9g protein
● 62.6g fat	● 10.1g fat
● 35.5g carbohydrates	● 4g carbohydrates
● 92.2g carbs	● 45.9g carbs
● 76.4g sugar	● 35.2g sugar
● 2.5g fibre	● 2.5g fibre
● 0.9g salt	● 0.8g salt
● 120mg calcium	● 80mg calcium
● 2.4mg iron	● 1.7 mg iron

APR 2014 HEALTHYFOODS.CO.UK 67



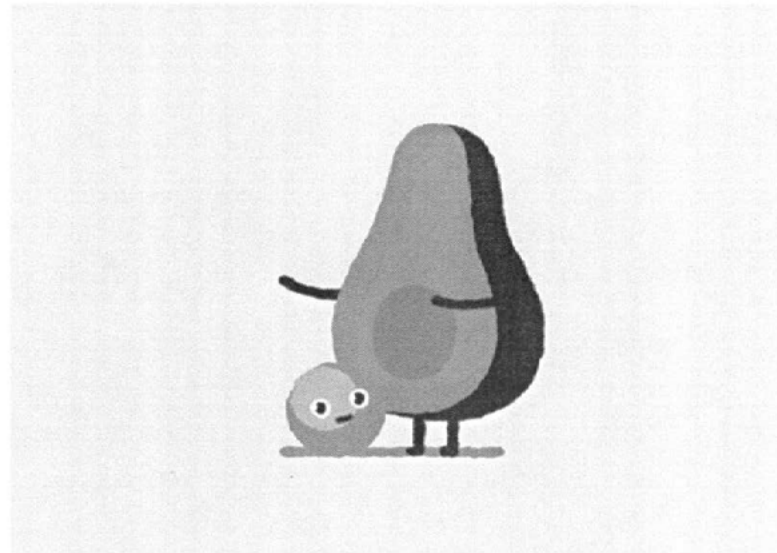
# Live healthy

**Clean facilities for every child to use**



# DIET

Having a good diet means that you eat and drink healthy food and drinks and having balance of healthy and unhealthy food.





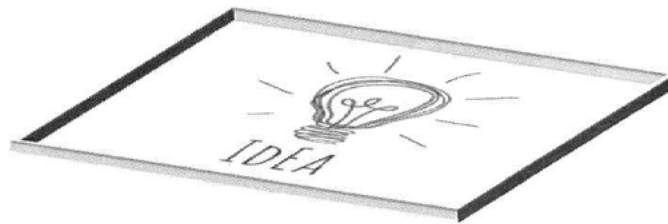
# EXERCISE

Exercises are things that you can do to make you healthier such as; running, weightlifting, workouts/gym, gymnastics, walking the dog... and again the list goes on.



# SOCIALISING

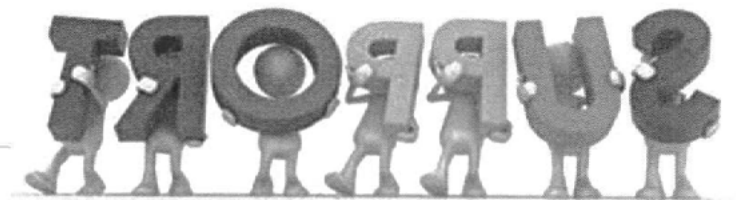
Socialising can be things like meeting friends, going to youth club, going on playdates, being in a football team.. Once again, the list keeps going.





# SUPPORT

All people need support in life and this is understandable. People may need support with stress, anger, or other things. This does not change what they are like as a person in any way.



# FEELING SAFE

Feeling safe is a very important thing in life and you should always feel it. Feeling unsafe can make you unwell. Things that make people feel safe include; having a safe home, knowing where you are going, being with other people... once more the list goes on.







**Valued and Involved**

if you share  
an idea explain  
why.

treat others  
like you want  
to be treated

Be included

Link with other  
people and  
help them and  
get help  
back.

Comprise and  
work together

People listen  
to ~~and~~ us and us  
listen to them.

We should treat  
~~the~~ other people  
with respect  
and care.

Ask our opinions  
and views.

Rights, Respect, school



St. Martin's



Get everyone's  
voices heard



## **VALUED AND INVOLVED**

We want children to be heard, valued and involved in their decisions that affect their everyday lives, regardless of where they live or the school they go to

- I agree
- Every school should have a school council
- Every school should have a school uniform
- Every school should be able to have disabilities
- A school where everyone is welcome
- More after school clubs for free
- One week is girls football one week boys football
- More ramps for disabilities.

Article 2:

Children won't be  
discriminated  
against.



# VALUED AND INVOLVED

Friendship

Work together



Article 15: Children have  
the right to meet friends and other  
people in groups and clubs



Article 12: All children have the  
right to be heard and say what  
they think



School  
council



Egyptian  
assembly





# VALUE & INVOLVE

## EVERYONE EQUALLY



# Valued and Involved

- Children to have a voice.
- A respected community.
- School council-lets children have a say.
- Makes children feel cared for and respected.
- Let's children have responsibilities.
- Makes children feel important.

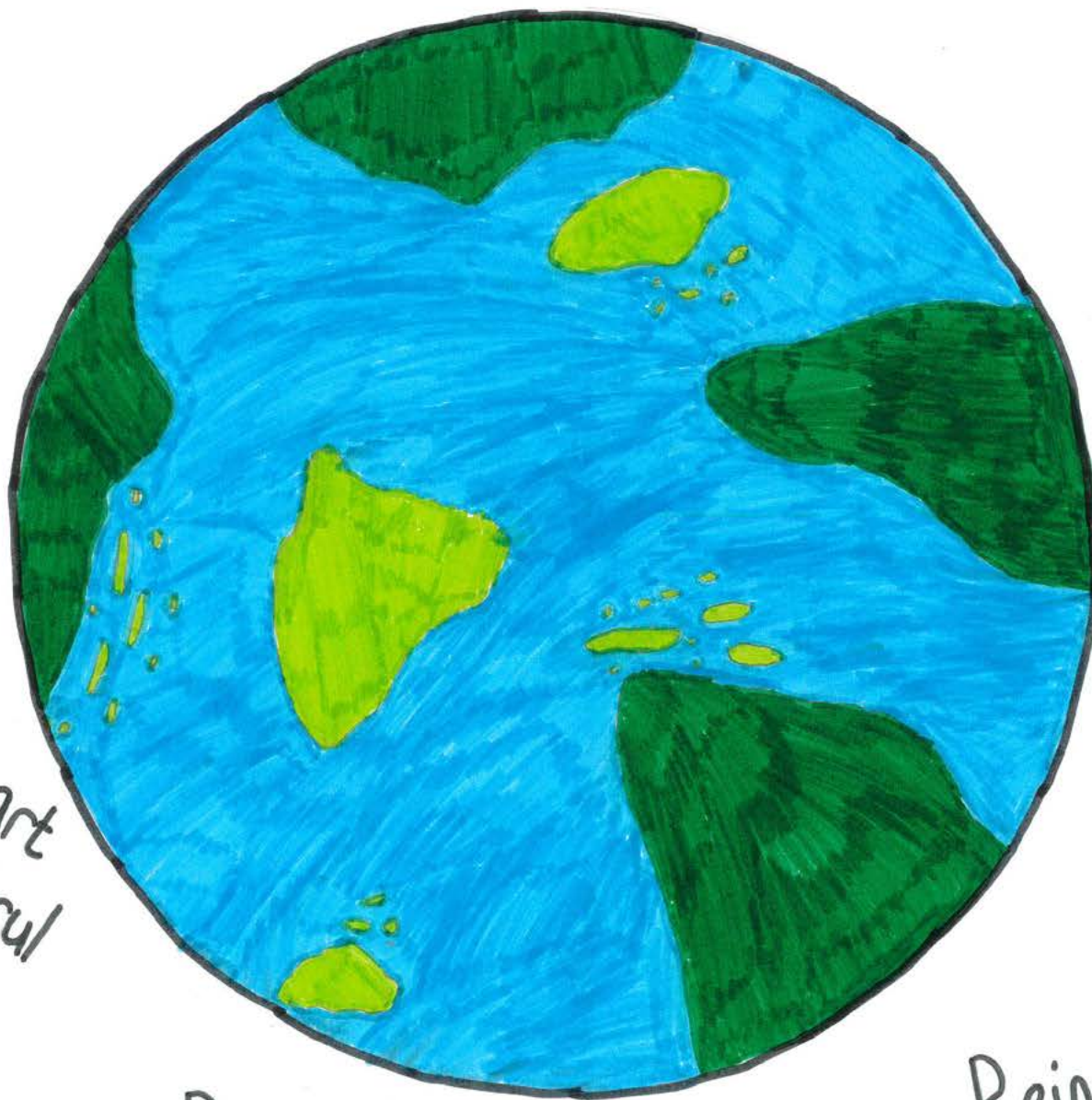




Valued and Involved.

We have School  
Councils

Responsibilities



Being apart  
of a respectful  
Community

Children to  
have a voice

Being treated fairly

Being Included



# Putting children first

## Valued and involved

*I think valued and involved means making sure that everybody has a voice and are listened to. Parents need to make sure that their child is in most of the groups they want to be in and that they should know that if they are worried about anything they can tell somebody and that all children are not discriminated against.*

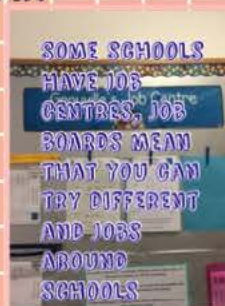
*When schools are a great rights respecting school they earn their gold award. Grouville is the first school in Jersey to get their gold award!*

Article 12: children have the right to be heard and to say what they think should happen when decisions are being made about them.

ARTICLE 28: ALL CHILDREN HAVE THE RIGHT TO GO TO SCHOOL

***In Grouville school we have an anti bullying team, they help people when they are getting bullied***

***All children should be able to go to the clubs that they want to do if they are aloud.***





# Valued and involved

**Being valued and involved means that you and all the people around you are being involved and feel like they're being valued.**



**Article 12 you have the right to be heard**

**Being in a community means that you are involved in a group of people. No one should stop you getting involved.**



**Everyone at Grouville must have felt valued as Mrs Turner read out the email that said we had achieved our Gold!**

**I hope this poster really helped people understand what being valued and involved means**

**No one can stop you from getting your rights so go ahead and get involved!**

PIC-COLLAGE



# VALUED



# INVOLVED

As I feel valued in school  
I feel I am part of the school  
I give my opinion in a safe  
non-judgemental place  
Georgia 11A

I feel valued and  
involved in my community  
because I feel like I am able  
to have opinions and ideas  
And they get listened  
too  
Charlie 11

I feel valued  
and involved because  
my parents and friends  
care about me and help  
me to do my best  
Ben 8G

I feel valued in  
school because teachers  
listen to my opinions and we  
take votes in form to  
decide on things.  
Annabelle 7V

Question and answer  
Safe adults  
Youth Club

Votes

Sports  
teams

Surveys

having rights  
Protection

What makes  
us feel valued  
and involved

Interview  
Parents

Freedom of  
Speech

Equal Rights

School  
Council

Why we like feeling valued and involved

- \* Our opinions get heard.
- \* We feel like part of a community
- \* Changes can be made
- \* Teachers that support and listen to us.
- \* Safe non judgemental environments.
- \* We have rights
- \* Parents + family support.

**Involve** - cause to participate in an activity or situation.



A person  
who feels  
appreciated  
will always  
do more  
than  
expected.



**Value** - the regard that something is held to deserve; the importance, worth, or usefulness of something.



# Valued



Specil Friends  
from primary  
Best friends  
happy and loved  
Saying sorry - Value friends



KRYSTAL  
Pedro x

# INVOLVED

- A part of some thing
- together
- joining in  
Friends



Workshop



For more information about the Children's Plan,  
please visit [gov.je/childrensplan](https://gov.je/childrensplan)