

Healthy Eating

A well-balanced diet provides all of the:

- Energy required to keep active throughout the day
- The nutrients required to grow and repair, to stay strong and healthy and help to prevent diet-related illness.

Description	Link
Food a fact of life - Free resources young people about where food comes from, cooking and healthy eating	https://foodafactoflife.org.uk/
Change 4 Life - healthy eating and lifestyle advice	https://www.nhs.uk/change4life/food-facts
Healthy Lunchboxes - advice of the types of foods to include in your child's lunchbox	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/healthy-lunchboxes-leaflet.pdf
Hydration Information – why drinking water is important.	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/P18922-Water-Keeps-You-Well-Infographic_HR_1.pdf

Sport and Exercise

Regular participation in physical activity is good for your body, and helps reduce the risk of developing serious illness such as heart disease, high blood pressure, cancer or diabetes. Exercise can improve your mental health and reduce depression, anxiety and stress.

Description	Link
How to look after your mental health using exercise – booklet	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/Exercise-Mental-Health-1.pdf
Joe Wicks Live PE lessons everyday on YouTube, 9,00am for 30 minutes	https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ
The Daily Mile — Primary and Secondary Children Fit For Life	https://thedailymile.co.uk/for-schools/
Extra Curriculum Activities at RHS – list of activities available in school	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/EXTRA-CURRICULAR-ACTIVITIES-SPRING-SUMMER-TERM-2019.pdf

Fitness activities in the local area	https://rhosnesni-high.wrexham.sch.uk/wp-content/uploads/2021/03/Week-4-Schools-Local-area.jpg
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