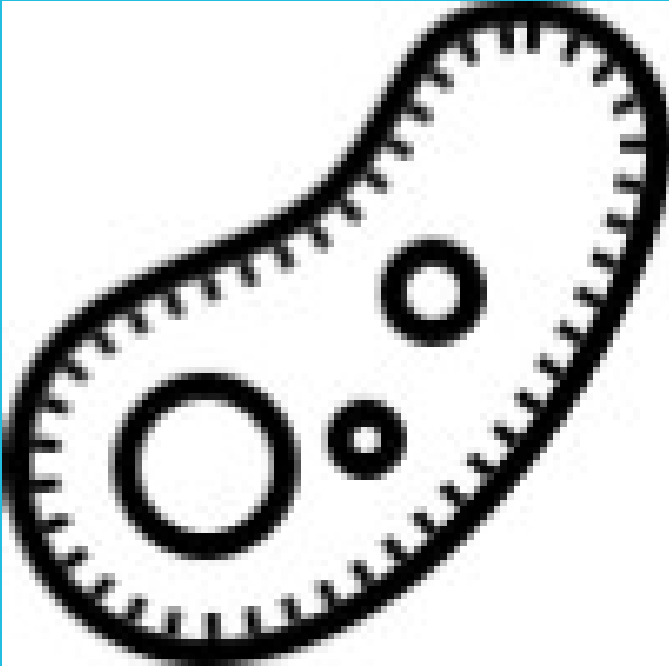




Assembly on Keeping well over Winter

#AttendanceMatters

Do you know?



How many school days do you think were lost to illness last year?

- A) 795
- B) 2,400
- C) 7975

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Answer was....



C) 7975

...Not being well is not the same
and not being well enough to
come to school....

Keep yourself well this winter



Top tips....

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Tip 1....



Hydrated = Healthy

Your brain is 70% water. You need to drink up to 2 litres a day to keep yourself topped up.

Tip 2....



Don't share bottles, don't share germs.

There are over 700 types of bacteria in your mouth.

Keep your bacteria to yourself. Bring your own bottles.

Tip 3....

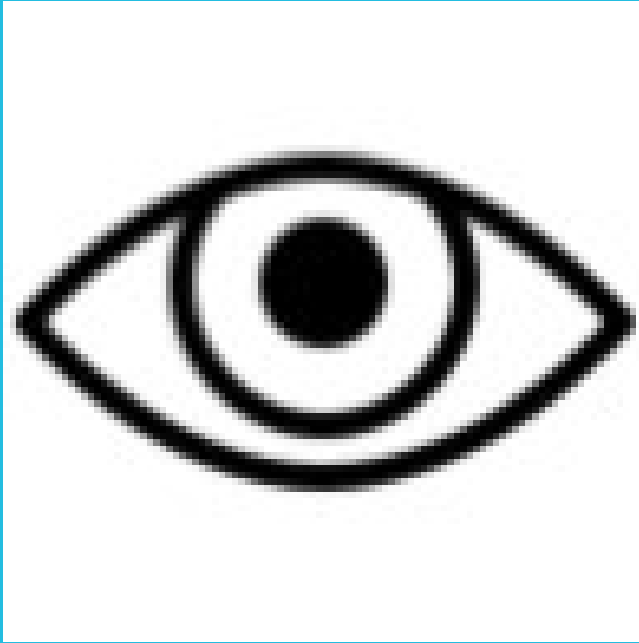


Wash your hands properly. Watch this video on how to do it:

<https://www.youtube.com/watch?v=aGJNspLRdrc>

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Tip 4.....

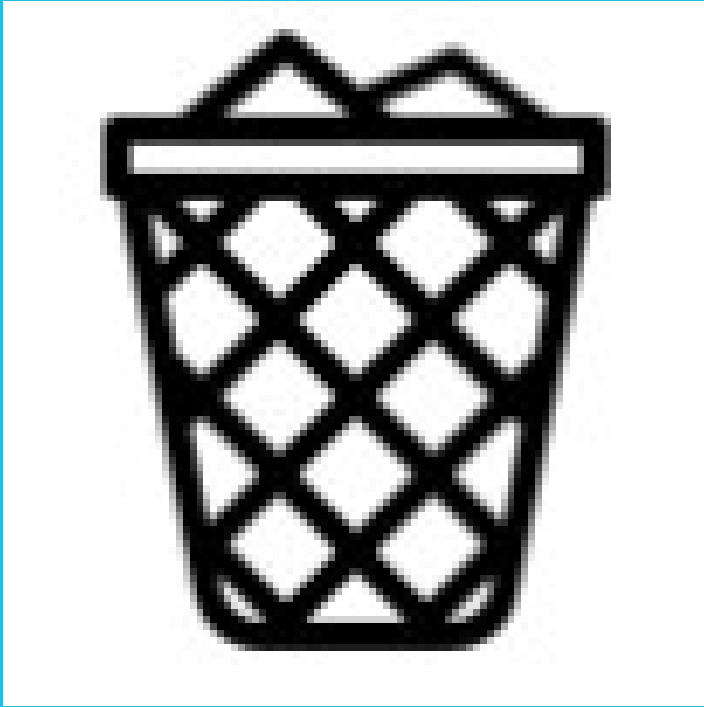


Germs stay on surfaces
waiting for you for 24
hours!!

Avoid continually touching
your eyes and nose also.

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Tip 5....



Catch it, bin it, kill it.

Cough into your hand
and then wash them.

Sneeze into a paper
tissue and then bin it.

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Winter wellness tips...



Keep clean, Keep
hydrated, Keep well

Stay in School and Keep
Learning

#AttendanceMatters