

Our MGSC guide to a healthy return to school

Brought to you by **Liv MCGILLIVRAY** (Health & PE Leader)

courage & work



The 7 Step Guide 😊

1. WASH YOUR HANDS FREQUENTLY.

Keep your hands out of your mouths, avoid rubbing your eyes, and wash your hands thoroughly several times a day, especially before meals. Bring some hand sanitizer to school or use the soap in the toilet to ensure your hands are squeaky clean 😊



2. EAT A HEALTHY DIET RICH IN VITAMINS C AND E.

Foods containing vitamins rich in C & E are believed to help support the immune system. Foods rich in vitamin E include sunflower and corn oils, sunflower seeds, and nuts such as almonds and peanuts. You can get your daily vitamin C from foods like orange juice, citrus fruits, broccoli, and green capsicums. Make an effort to reduce your intake of concentrated sugar (e.g., soda, lollies) because excessive sugar impairs the immune response.



3. STAY HYDRATED & BRING YOUR OWN BOTTLE

Increasing your water intake will help you stay healthy. When you are feeling under the weather, drinking extra fluids prevents dehydration caused by fever, loosens mucus, and keeps your throat moist. Make sure you have your reusable bottles ready for school and PE classes 😊



4. GET A GOOD NIGHT'S SLEEP.

Get a full night's sleep to keep your body's natural defences at optimum efficiency.



5. LISTEN TO YOUR BODY.

If you do come down with a cold or flu, take it easy! Spending excessive energy steals valuable resources from the immune system. If you believe you're coming down with flu, the best thing you can do for friends and family is to go to the doctor and look after yourself.

6. EXERCISE REGULARLY.

Not only can regular exercise lower stress, but research indicates that exercise can stimulate the immune system and promote healthy sleep. Use the [MGSC Fitness at home](#) resource or the junior PE [Physical Activity Matrix](#) for some exercise ideas.



7. SMILE.

Don't forget to smile. If you are feeling overwhelmed, it is time to practice some self-care; use a mindfulness App such as smiling minds, go for a walk, create some art, read a book or dance! Find a way to reduce your stress and make you feel HAPPY 😊



The MGSC VCE Students, Teachers and School staff are excited to see you all back at school on Wednesday 10th of June 😊