Wellbeing is important. It can have a huge impact on learning. We have asked all students to respond to factors that affect their wellbeing. Your child’s answers have been included in their mid-year report.

To help you and your child understand the importance of wellbeing, we have included key messages and facts about wellbeing and we ask that you talk together about these.

For optimal health benefits, young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of inactive behaviour, and sufficient sleep each day. A healthy 24 hours includes:

**Exercise and Physical Activity**

- 60 minutes or more of moderate to vigorous physical activity per day (mostly aerobic activities)
- Several hours of a variety of light physical activities (walking, household chores, active play)
- Breaking up long periods of sitting as often as possible.

**Sleep**

- An **uninterrupted** 9 to 11 hours of sleep per night (5–13 year olds)
- 8 to 10 **uninterrupted** hours per night for (14–17 year olds)
- Darkened bedroom
- Electronic devices on aeroplane mode, switched off or out of the bedroom
- Consistent bed and wake-up times.

**Screen Time** (mobile phones, TV, iPads, computers, game consoles etc.)

- Limit sedentary recreational screen time to **no more than 2 hours per day**.

Activities that are vigorous, as well as those that strengthen muscle and bone should be included at least 3 days per week. For greater health benefits, swap inactive time with additional moderate to vigorous physical activity, while maintaining recommended sleep (Health T. D., 2019).

**Mental/Emotional Wellbeing**

A person’s mental health affects how they feel, think, behave and relate to others.

Almost half of all Australians aged 16 to 85 years—7.3million people—will experience mental illness at some point in their life. The most common conditions are:

- **Anxiety**
- Affective disorders, especially **depression**
- Substance use disorders, especially **alcohol use**.
One quarter of Australians aged 16 to 85 years—4.2 million people—will experience an anxiety condition during their lifetime. Women are more likely than men to experience depression and anxiety. These conditions can be serious but help is available (Health A. G., 22)

**Protective Factors include** (ReachOut Australia, 2020):

- Talking to someone you trust
- Practising [mindfulness](#)
- Writing down your thoughts
- Listening to uplifting music
- Doing something you love that’s good for you (and good for others)
- Focusing on the positives
- Using schedules and routines on a regular basis
- Being grateful
- Keeping things in perspective
- Using positive self-talk.

**Food and Nutrition**

Good Food and Nutrition can:

- Help us stay healthy and reduce our risk of diet related chronic disease
- Improve our well-being if we are living with an ongoing illness (Australian Government Health Department, 2020).

Knowing what foods and how much of them you should eat is important for good health and well-being.

**Key messages for teenagers:**

- Stay a healthy weight, be physically active and choose the appropriate amounts of nutritious food and drinks to meet energy needs
- Enjoy a wide variety of foods from the five food groups daily.
- Eat mostly whole grains; brown rice and pasta, wholemeal bread and wholemeal flour in baked goods
- Limit intake of foods that have saturated fat, added salt and added sugars
- Care for your food; prepare and store it safely.

More information or support on any of the above topics can be found at:

- [https://au.reachout.com/](https://au.reachout.com/)
- [https://beyou.edu.au/](https://beyou.edu.au/)
- [https://headspace.org.au/](https://headspace.org.au/)
- [https://www.beyondblue.org.au/](https://www.beyondblue.org.au/)
- [https://www.blackdoginstitute.org.au/](https://www.blackdoginstitute.org.au/)

Kids Helpline: 1800 55 1800
Beyond Blue: 1300 22 4636