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| **Date** | **Topic** | **Blurb** |
| 10th September | International Day of Peace | Each year the International Day of Peace is observed around the world on 21 September. The General Assembly has declared this as a day devoted to strengthening the ideals of peace, both within and among all nations and peoples. The theme for the International Day of Peace in 2018 is “The Right to Peace - The Universal Declaration of Human Rights at 70”. The theme celebrates the 70th anniversary of the Universal Declaration of Human Rights. To celebrate this special day, **we will be INSERT ANY SCHOOL ACTIVITIES HERE.** |
| 17th September | Online Safety | As a parent or carer, you play a key role in helping your child to stay safe online. You don’t need to be an expert on the internet to help keep your child stay safe online. ChildNet has lots of advice and resources to support you as you support your child to use the internet safely, responsibility and positively. One of the first tips ChildNet recommends is It beginning with an open and honest dialogue. Talk regularly with your child about how they use technology, and find out what their digital life is like, including what their favourite sites and services are and also how being online makes them feel. Not sure where to begin? Visit [www.saferinternet.org.uk](http://www.saferinternet.org.uk) for more information.  |
| 24th September  | PANTS Rule |  Here at **INSET SCHOOL NAME** we use the NSPCC’s PANTS rule to teach, embed and reinforce key safeguarding messages for children. The PANTS Rule is a simple way that schools and parents can help keep children safe from abuse - without using scary words or mentioning sex. The NSPCC have developed a simple guide for parents, and a child-friendly version, to help you talk PANTS with your child. Visit [www.nspcc.org.uk](http://www.nspcc.org.uk) for more information.  |
| 1st October | Walk to School month | Every October is International Walk to School Month - an opportunity for children to join hundreds of thousands of pupils across the globe celebrating the walk to school.**Why walk to school?*** Happier children: Children who do some form of exercise, especially a walk before school, arrive refreshed, fit and ready to learn.
* Cleaner air: One in five cars during the morning rush hour are taking children to school - the school run alone is responsible for generating two million tonnes of carbon dioxide per year. By walking to school just once per week you can help improve the quality of air your child is growing up in.
* Your health: If you walk to school with your child, you will get fitter too!
* Safer journeys: The Walk to school is another opportunity for your child to learn road safety.
* Your wallet: Don’t forget you can save money by spending less on petrol.

If you’re a parent or carer there are lots of ways we can help get you and your family walking. We can also help make walking safer and easier in your neighbourhood and get more children at your kids’ school walking. For more information, download the Family Walk To School Kit from the living streets website. |
| 10th October | World Mental Health Day | World Mental Health DayWorld Mental Health Day falls on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilising efforts in support of mental health.You can download a pack with ideas and resources to get talking for World Mental Health DayFind out this year’s theme here: http://www.who.int/mental\_health |
| 15th October  | Smart Swaps | Swaps and tipsKids are getting half their sugar intake from soft drinks and unhealthy snacks, like cakes and biscuits. It's time for some food smart choices!Too much sugar can lead to the build-up of harmful fat on the inside that we can't see. This fat around vital organs can cause weight gain and serious diseases in the future like heart disease, type 2 diabetes and some cancers. Having too much sugar can also cause tooth decay.There can be a lot of sugar in everyday food and drinks. Try our food smart swaps and tips to help you cut back!* Start smart: For a healthy start to the day, swap sugary cereals for plain porridge, plain wholewheat biscuit cereals, or plain shredded wholewheat.

Snack smart: [Cut back on sugary snacks](https://www.nhs.uk/change4life-beta/cutting-back-sugar) by swapping cakes, biscuits, chocolate and sweets for fruit, plain rice cakes, toast with lower-fat spread, fruited teacakes or a bagel.Drink smart: A quarter of the sugar kids have every day comes from sugary drinks. Swap soft drinks, juice drinks and flavoured milks for water, lower-fat milks and diet, sugar-free, or no-added sugar drinks. [Get tips and easy drink swaps](https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/lower-sugar-drinks-for-kids-stop-tooth-decay). Sugar smart shopper: Use the [Food Scanner app](https://www.nhs.uk/change4life/food-facts/sugar#be-food-smart-app) to see how much sugar is in your favourite food or drink — look for products that are low in sugar!* Liven up your yoghurt: Choose low fat, lower-sugar yoghurt instead of sugary yoghurt, ice cream and sugary desserts. Make it more interesting by adding some chopped fruit or berries.
* DIY snacks: Ask your kids to help prepare healthier snacks from a selection of fruit, low sugar cereal and unsalted nuts — they're more likely to eat it if they've made it.

5 A DAY and fruit juice: Fruit juice counts as one of your [5 A DAY](https://www.nhs.uk/change4life-beta/5-a-day), no matter how much you have. So limit the amount you and your kids drink to no more than 150ml a day.* Go bananas!: Try adding a sliced banana to wholewheat biscuits or low fat, lower-sugar yoghurt. You can also use it as a healthy topping for toast — a great way to get one of your 5 A DAY.
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