


It is not what you do for
your children,
but what you have taught
them to do for themselves,
that will make them
successful human beings.

Ann Landers



A photograph of Michelle Obama speaking at a wooden podium. She is wearing a bright blue sleeveless dress and is smiling. The background is a blurred crowd of people.

BEING A HEALTHY WOMAN

isn't about getting on a scale or measuring your waistline. We need to start focusing on what matters—on how we feel, and how we feel about ourselves.

MICHELLE OBAMA



Pupils with better health and wellbeing are likely to achieve better academically

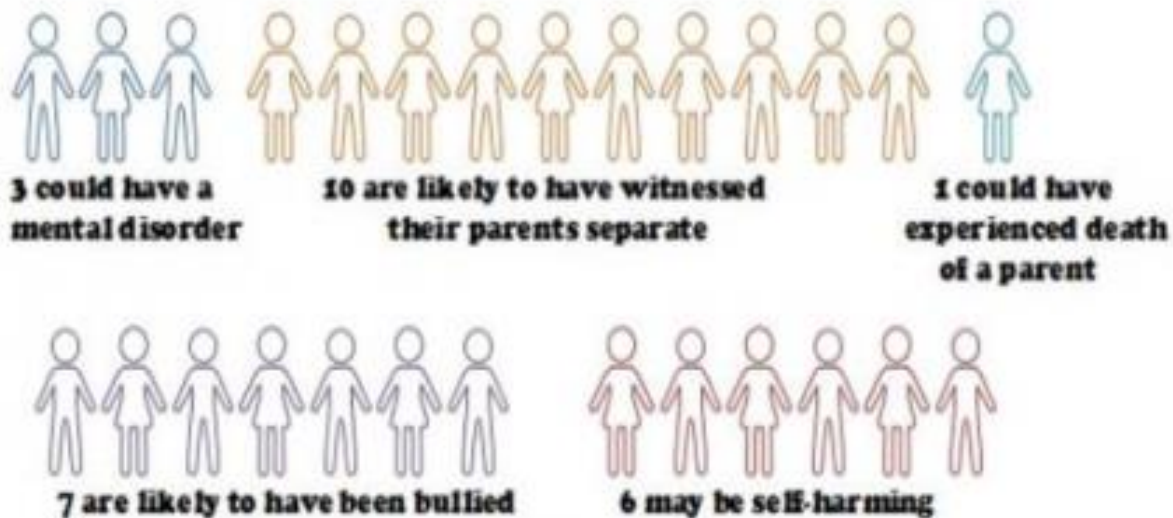


The culture, ethos and environment of a school influences the health and wellbeing of pupils and their readiness to learn

Effective social and emotional competencies are associated with greater health and wellbeing, and better achievement



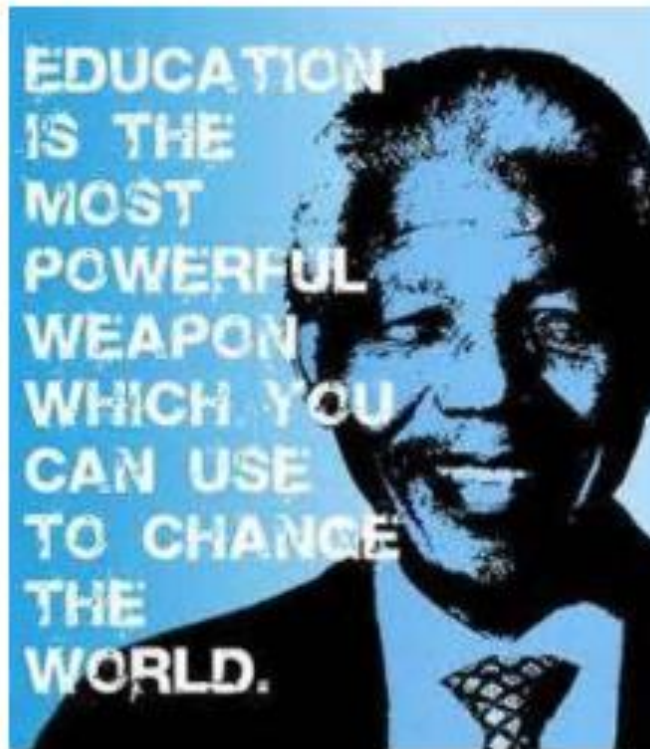
In an average class of 30 15-year-old pupils



Credit to: HealthySuffolk.org.uk



Over half of all mental ill health starts before the age of fourteen years, and seventy-five per cent has developed by the age of eighteen. (excluding dementia)



EDUCATION
IS THE
MOST
POWERFUL
WEAPON
WHICH YOU
CAN USE
TO CHANGE
THE
WORLD.

Balance universal and targeted



