Welcome to your Tower Hamlets Healthy Lives update

Welcome to your new look Healthy Lives update.

You're receiving this newsletter because you have either opted in to receive emails relating to children and education on the council website, or you are one of our teams regular contacts. You can manage your subscription easily, scroll down to the bottom of this newsletter.

For anyone who doesn't know, the Tower Hamlets Healthy Lives team run the Healthy Schools programme across all of the schools in our borough - primary, secondary and special.

During coronavirus, we'll be pulling together this newsletter full of exciting activities and fun ways for you to spend your time with your family. So, whether you're at home with your children, working from home or still going to work, there will be something here for everyone.

If you're in a school, please share this newsletter using your social media - the best way to do this, is to click the above, and on the right, where it says "view it as a web page" before sharing the URL.

Take care,

Kate

Kate Smith, Head of Healthy Lives, London Borough of Tower Hamlets

Here's a selection of fun activities for you today...



Have you ever wanted a Blue Peter badge?

There are so many different Blue Peter badges so we have made this page to show how you might be able to get one. Can you collect them all? There are eight badges you can earn...

Here are a few examples of what you'll find:

Blue badge

Blue badges are awarded for sending in interesting letters, stories, makes, pictures, poems, good ideas for the programme, and for having appeared on Blue Peter

Green badge

Green badges are awarded for sending in letters, pictures and makes that are about the environment, conservation or nature.

Silver badge

Silver badges are awarded to Blue badge holders who go on to make an extra effort. For example, if you won a Blue badge for an interesting letter or email, you could win a Silver badge by sending in something different such as a make, picture or a poem.

Get a Blue Peter badge! **- https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges**



Online games or activities with your friends

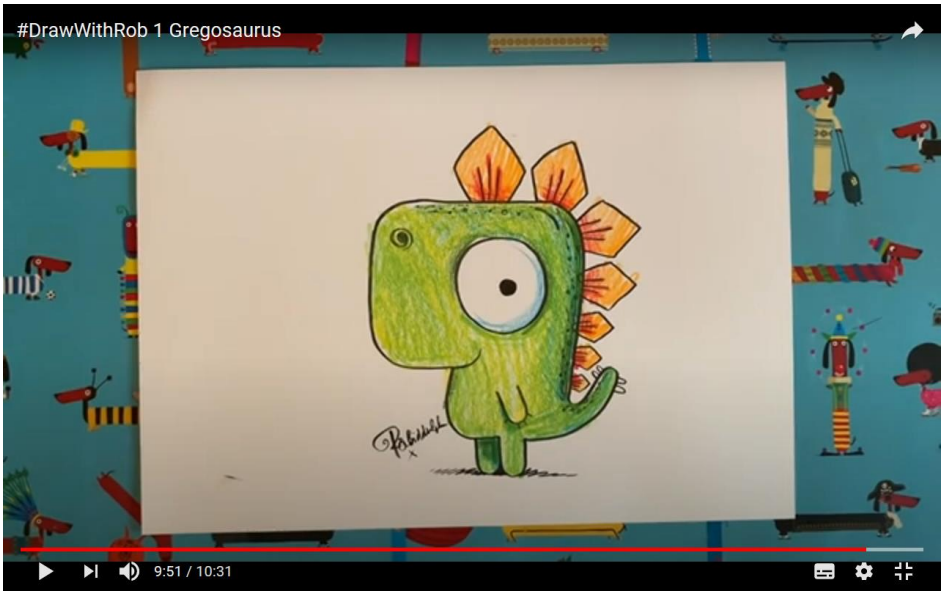
Arrange a Facetime, Skype or Zoom game with one of your friends who is also in lockdown – you could play Hangman, Charades or just use your imagination! Are there other games you could play together that you could tell us about?



DIY Cardboard Tube Construction

If you have any toilet roll tubes lying around, how about making a cardboard tube construction – how tall or how big can you build it? Can you build it in the shape or style of your favourite buildings in London? Or, can you build your favourite building or structure in any other city or country?

Cardboard Construction **-** **https://picklebums.com/cardboard-tube-construction/**

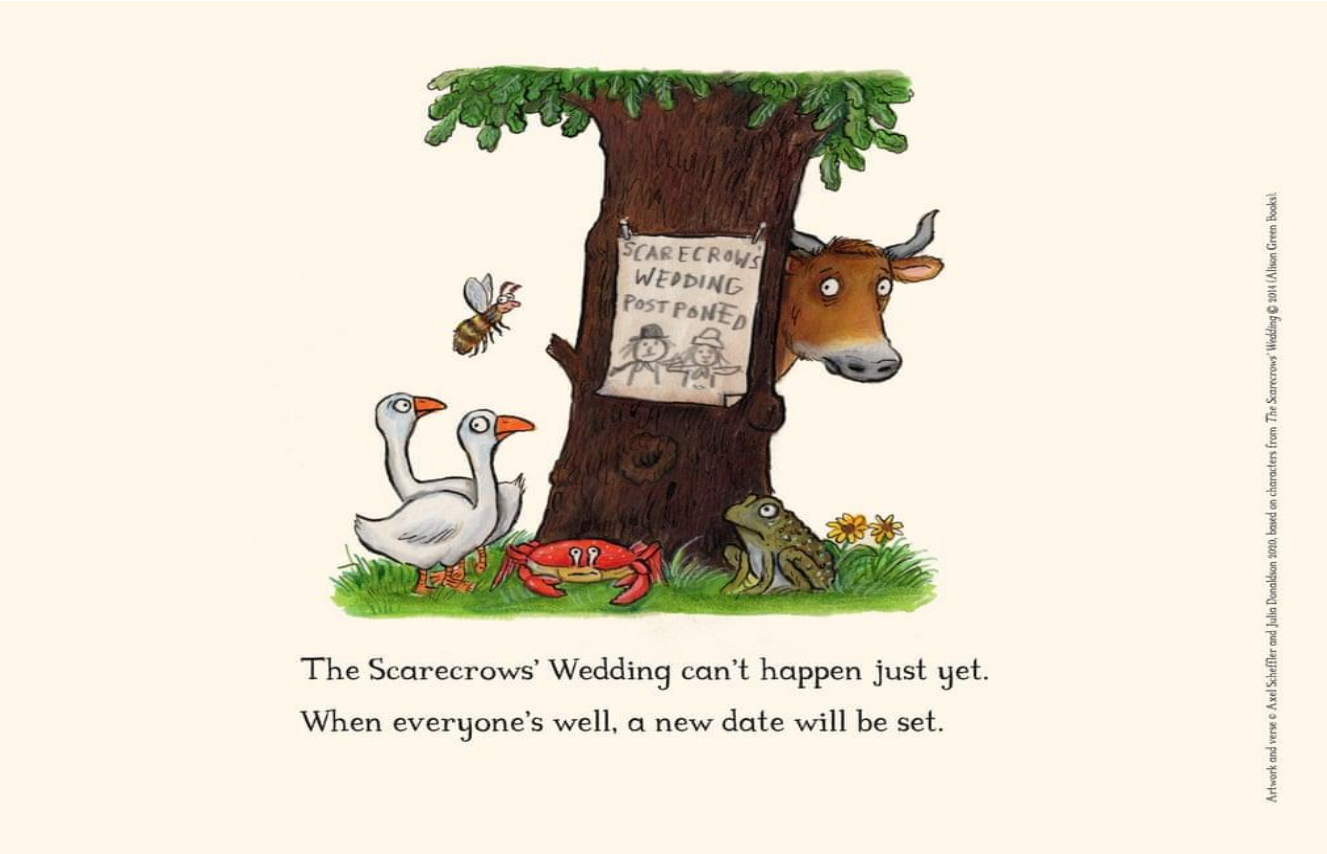


Rob Biddulph teaches us how to draw Gregosaurus

Children's author and illustrator, Rob Biddulph, is doing *Draw With Rob* every Tuesday and Thursday on Facebook and Instagram. Grab some paper and a pencil and get drawing with him.

Draw Gregosaurus! - **https://www.youtube.com/watch?v=bhyCxVPb1qU**

And remember…



The Scarecrows' Wedding. Photograph: Axel Scheffler and Julia Donaldson 2020

Healthy Schools
TOWER HAMLETS

The Healthy Lives Team want to support you with all aspects of health and wellbeing. We will be sending you regular newsletters that will be relevant whether you are at home with your children, working from home or at school.

Please feel free to share this email.