

## Be Active Be Healthy Workshops

---

A suite of **Be Active Be Healthy Workshops** which cover all students from Key Stage 1 to 4 can be provided locally for FREE.

The sessions can be selected to form a course or delivered individually according to the needs of the school.

Each session is engaging, interactive and informative and lasts approximately 30 – 40 minutes for KS1 and 60 minutes for KS2, 3 and 4.

The themes of the workshops offered for each of the Key Stages are as follows:

Key Stage 1	Key Stage 2	Key Stage 3 and 4
Healthy lunch boxes	Healthy Eating	Healthy Eating
Sugars and Fluids	Healthy Lunchboxes	Takeaways
Healthy Snacks	Sugars and Fluids, including energy drinks	Sugars and Fluids, including energy drinks
Healthy Teeth	Healthy Snacks	Healthy Snacks
Healthy Breakfast	Food Labelling	Stress
	Healthy Breakfast	Healthy Breakfast
	Sleep	Sleep
	Smoking	Smoking
		Alcohol

For more information on these sessions and how they can be delivered in your school, contact the [Healthy Schools Team](#).

