

# Healthy Schools Cambridgeshire & Peterborough

## Actives Live & Healthy Schools Rating Scheme

## Healthy Schools Awards

### Well-Being

#### Bounce Forward –

Is a series of 6 lessons designed to engage students in learning resilience skills in a fun and practical way. The lessons contribute to the student's personal development as well as improve their self-awareness, confidence, empathy and compassion for others.

Target: Y6 and 7

#### Mind Your Head –

Is a programme of 6 lessons with a focus on destigmatising mental health, educating young people about how to deal with stress and identifying how social media can be both positively and negatively impact on well-being.

Target: Y8 and 9

**A primary version** is also now available, for more details contact:

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### Being Active

#### The Daily Mile™ –

Is a social physical activity, with children running, jogging at their own pace, in the fresh air for 15 minutes each day.

Target: KS1 and 2

#### The School Games –

Is a fun and enjoyable way of engaging all young people through school sport and focuses on embedding six key values: determination, honesty, passion, respect, self-belief and teamwork.

Target: KS2, 3 and 4

### Healthy Eating

#### Food Smart -

Is an accredited food and nutrition programme. It covers all aspects of food to ensure children understand how they can make healthy choices.

Target: KS1 and 2

#### Healthy You; Healthy Eating –

Is a series of resources that can help embed the Health Education curriculum and support the delivery of sessions based on food and nutrition. In addition to Healthy Eating, programme packs are available free of charge that address breakfast choices, takeaways, sugars and fluids and snacks. Bite-size tutor group session material is also available.

Target: KS 3 and 4

#### Mind Fit –

Is currently an on-line programme designed to support young people with their mental health through physical activity intervention. It comprises of a series of workout sessions with a focus on developing the skills of resilience. Each of the 6 sessions has a different theme with a positive message around physical activity and maintaining a positive mindset.

Target: KS3 and 4

#### Building Resilience Through Physical Activity –

Is a package comprising of several programmes which can be delivered to help build the skills of resilience and improve mental and physical well-being. There are 5 programmes available which include: a sporting athlete visit, a sports roadshow, team building event, yoga for kids and intervention clubs.

Target: KS1 and 2

#### Healthy You, Healthy Me

Is a classroom-based series of lessons focusing on healthy eating including physical activity games. This consists of 5 lessons for KS1 and KS2, covering topics such as the Eatwell guide, healthy breakfast, snacks and lunchbox, energy balance and fats, salts and sugars.

Target: KS1 and 2

#### Healthy You, Active 4 Ten

Following the themes from Healthy You Healthy Me, these ten-minute videos can be played in the classroom, assembly or PE lesson to inspire movement and physical activity whilst teaching the basics about healthy eating.

Target: KS1 and 2

#### Healthy You Crew

Schools will recruit 4-6 'Healthy Eating Ambassadors' who will gain access to online sessions focused around healthy eating / nutrition, at a time that suits them. Each session will end with a small challenge/task for the Healthy You Crew to complete which can be evidenced through photos. Following completion of the fifth session the school will be sent a certificate.

Target: KS2 (Y5), but the wider school will be engaged

#### Healthy You, Alive N Kicking

Is a 6 week continuous programme delivered by nutritionists and physical activity specialists combining nutrition workshops and exercise sessions. Take-home materials and homework challenges are provided to encourage family involvement and to help embed healthy lifestyle messages.

Target: KS2