

Encouraging Healthy Choices

Physical exercise

Mental health

Diet

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Delivered by Nikki Edwards, HSLW



Our Ground Rules

Please do:

- Respect confidentiality.
- Respect others points of view.
- Listen to each other
- Mute your device.
- Ask questions or add comments via the chat icon.
- Contact HSLW at your child's school for more support following the sessions.

Please don't:

- Record the sessions
- Interrupt.
- Share personal information that may be shared within this session with others.



Training Aims

- To understand recommendations for physical exercise for children.
- To be aware of nutritional guidelines for children.
- To explore the wheel of well-being and self care.
- To feel confident in making lifestyle changes.
- To know where to access further support.



Benefits of Physical Activity

- Strengthens muscles and bones.
- Improves health, fitness and emotional well-being.
- Develops co-ordination.
- Helps maintain a healthy body weight .
- Helps with getting a good night's sleep.
- Builds self confidence and self esteem.
- Develops social skills.
- Releases endorphins which help us to feel good.
- Reduces adult health risks.



Barriers to Physical Activity

- Lack of motivation.
- Not knowing where to start.
- Expense.
- Family may not be very active.
- Worried about not having the right clothes and footwear.
- Feelings of not being very good at sport and exercise.
- Feeling nervous.



Encouraging Physical Activity

- Share your own experiences and feelings about physical exercise.
- Talk about the importance of physical activity for healthy bodies.
- Talk about the physical activities you enjoy or might enjoy doing as a family.
- Schedule time into your daily or weekly routine.
- Praise and promote physical activity.
- Set a family target for activity – start small and build up.
- Encourage their involvement in clubs.
- Provide them with toys that promote exercise.
- Lead by example – you are your children's most influential role model.



How much exercise do children need?



It is recommended that children should exercise for at least 60 minutes every day.



Physical activity for young people during COVID-19



Moving Medicine



Mental Health and Well-being

Well-being Wheel



Self Care Ideas

- Social Media
- Crafting
- Good sleep habits
- Exercise and nutrition
- Dancing
- Listening to music
- Talking to a friend or loved one
- Hope box
- Gratitude diary
- Volunteering
- Faith
- Goal setting
- Many more ideas.....



Places to go for well-being ideas and Support

- <https://youngminds.org.uk/>
- <https://www.childline.org.uk/>
- <https://www.kooth.com/>
- <https://www.sabp.nhs.uk/mindsightsurreycamhs/services/crisis/cyp-haven>
- <https://www.actionforcarers.org.uk/who-we-help/young-carers-under-18/>

Child and family health surrey advice line 01833 340 922

(Monday-Friday 8-5)

Text a school nurse, text Chat Health to 07507 329951



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Healthy Eating



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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- Healthy & tasty recipe ideas.
- Food facts.
- Advice on getting children active.
- Take away and ready meal tips.
- Mental well-being tips for parents.





A helping hand for a healthier family

Surrey referral criteria:

- Above a healthy weight range and comes from a family whose income is under £20,000 or receives benefits OR
- is from a black, Asian or minority ethnic background OR
- has a long term illness, special educational need or disability* OR
- is from a selected area of Surrey
- If your child is 12+, or they don't meet the threshold to get onto the full programme you can still find lots of help on the parents help page.



Together you can make healthy choices

- Taking care of your mind and body through exercise and nutrition.
- Taking care of your well-being through self care.
- One step at a time...one day at a time.
- May be a rollercoaster ride.
- Family approach.

What will your families first steps be?



Thank you for joining us today

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