Encouraging Healthy Choices

Physical exercise

Mental health

Diet

Date 10th December 2020

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

What counts as moderate physical activity

Any physical activity is better than none. It is never too late to get more active to improve health. Activities could include:





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

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

Child and family health surrey advice line 01833 340 922 (Monday-Friday 8-5)

Text a school nurse, text Chat Health to 07507 329951





Take a step to better mental & physical health



stormbreak.org.uk



Supported by



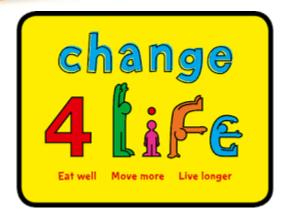


Lumen Learning Trust Learning together for a brighter future

Healthy Eating







- 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

The Echelford School: Emma Sutton 07760 288532

Riverbridge School: Lyn Lenton Clark 07825 742508 and Jane Hughes 07766 385113

Saxon School: Shelly Lumb 07825 742564

Walton Oak School: Kate Hobley 07938 654949

Darley Dene School: Nikki Edwards 07387 700236

