

The Children's
Health Project



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Key Aims

Ethos

Health and Wellbeing nourishes whole school life with renewed vision

Leadership

There is Outstanding leadership of Health and Wellbeing

Environment

The school environment promotes a healthy lifestyle
Positive physical and mental health is encouraged throughout the school day

Learning

Pupils engage in a broad and balanced Health Curriculum
Pupils develop deep knowledge and understanding of Health and Wellbeing
Health Education is well resourced

Community

Teachers are confident to teach Health Education
Pupils feel informed and skilled to make healthy choices



Healthy
Movement



Healthy
Habits



Healthy
Eating



Healthy
Thoughts





Healthy Movement

Everyone wishes to live a long life, full of adventure and activity. To truly value our amazing bodies, not for how they look, but for the incredible things they are capable of, brings pleasure to this adventure and activity. Someone who cherishes their physical health will have a deep understanding of how their body works. They will listen to their body, respond to how it feels, and learn from their daily movements. In respecting their body like this, they will develop a confidence to try new things, a commitment to self-care, and a competence to master any movement they choose. Our physical journey through life will have its highs, and its lows, both impacting on our emotional wellbeing. To steadily scale the mountain of life, we will depend on motivation, resilience and fortitude. Providing all children (of any age) with the opportunity to play and explore, lays the foundation for this life of adventure. Building on their love of movement, with specific teaching of basic movement skills, in a variety of environments, develops confidence in their body's abilities. Fostering a love of movement, and a respect for their abilities, drives them to learn more about their bodies. Truly understanding their bodies, encourages a life-long commitment to participation and the motivation to enhance their life with healthy activities. Later, this has an impact on future generations, and if we do this well, a world where everyone moves competently and proficiently, with no end goal in sight. Our Healthy Movement unit supplements your physical education offer, broadening the skillset of pupils and teachers, and deepening the childrens' value and desire for kinetic activity.



Who is Captain Kinetic®?

Captain Kinetic® is inquisitive in play, confident in daily movement, and ambitious when challenged. Having developed a wide range of movement skills, he strives for success in all arenas, yet is resilient to defeat with his supple attitude. He's a brave competitor, who admires his rivals and challenges with a smile. He sees varied terrain as an opportunity to climb and scramble, trusting his body to support his appetite for adventure. A role model to others, he uplifts his team. Balancing sport with creativity, he enjoys a range of activities, and never says no to a new challenge. He goes to sleep naturally exhausted, enthusiastic to traverse tomorrow's encounters.



Healthy
Movement



Captain Kinetic

Fundamental Movement Skills

Agility, Balance and Co-ordination

Kinetic Classrooms

Technique

Fitness

Creative Movement

Play

Strength, Speed and Power

Stamina and Endurance

Flexibility and Mobility



Healthy
Movement



Healthy Movement in a Primary School

PE Curriculum

PSHE Curriculum

New Health Curriculum for 2020

Forest Schools / Outdoor learning

Playtime

Structured games at lunchtime with MDA

Movement breaks in the classroom

Daily Mile

Extra curricular clubs

Trips and visits

Active learning across the curriculum



Key Themes in Healthy Movement

High Quality Physical Education

Not just fun activities

Challenge

All four learning domains

Physical

Cognitive

Social

Affective

Broad and rich experiences

Appropriate for the children's needs and the cohort

Differentiated

Part of a planned, progressive programme of learning

Linked to opportunities outside of school "Healthy, active lifestyles"

Children learning about the body – muscles, joints, organs while they take part

Learn healthy competition

Focus on Physical Literacy – part of a lifelong journey of movement



Key Themes in Healthy Movement

60 minutes per day of
moderate to vigorous activity

Moderate:

Cause children to get warmer, breathe harder and hearts beat faster than usual

Can carry on a conversation

5/6 RPE Scale

Playground activities – skateboarding, rollerblading, scooting – riding a bike – brisk walking – leisurely swimming – field games – chores around the house – moderate dancing

Vigorous:

Three days per week

Cause children to get warmer, breathe much harder and hearts to beat rapidly

Difficult to carry on a conversation

7/8 RPE Scale

Running & chasing games – running – cycling – skipping – martial arts – invasion games – swimming lengths – energetic dancing - cheerleading



Key Themes in Healthy Movement

Lunchtimes

Playleaders

Movement mentors – children who lead on vigorous; moderate and gentle movements

Opportunity for competition

Go for a walk

Stations – flexibility and mobility; fitness; play; fine motor skills; ABCs

Classroom

Movement breaks

Standing desks

Stretching moments

Classroom requests linked to a movement

Daily tidy – changing levels



Healthy Eating

A nourished body feeds achievement, attainment, satisfaction and happiness. Athletes cannot achieve greatness without invigorating their bodies with the nutrients they require, just as a pupil cannot thrive without a varied, nutrient dense diet. Unfortunately in our modern world of convenience and immediacy, many have lost sight of some basic human needs, and it's having catastrophic consequences. Children of primary age know no different. They are dependent on adults feeding them well, and trust their carers. Yet if the carers themselves are dependent on the food industry, and innocently trust the products sold to them, the fundamental knowledge and understanding of how to nourish a body can become lost. Fuelling our children with natural, highly nutritious food and drink, which tastes great, is hardly processed and offers a broad spectrum of vitamins, minerals and antioxidants offers them a fighting chance at vitality. If we can supplement their nourishing diets with deep learning, of which foods and drinks will fulfill their needs, why they are good for them and how they will impact their bodies, children are more likely to develop a healthy relationship with food, and make healthy choices that fuel their adventurous lifestyles. Our Healthy Eating unit offers children an insight into variety in food, its powerful influence, and how they can achieve vitality with simple dietary choices.



Who is Nutrition Ninja®?

Nutrition Ninja® searches the world for her favourite recipes, savouring every delicious flavour, and feeling safe in the knowledge that her food is fuelling her adventurous life, her healthy body and her mind. She realises the power of food, not only for taste, but also to nourish her body and brain, both working hard everyday. With her knowledge and understanding of nutrients, she can select foods to support her needs, nurturing her great moods and steady energy levels. Food and drink are powerhouses of goodness for Nutrition Ninja®, who cares about and respects their origins and carefully considers her diverse diet to make her feel vibrant!



Healthy
Eating



Nutrition Ninja

Macronutrients

Micronutrients

'Mega' nutrients

Mood (how food affects)

Organs (how food affects)

Muscles and Bones (how food affects)

Food Sources

Energy & Calories

Immunity

Diversity



Healthy
Eating



Healthy Eating in a Primary Classroom

Cooking and Nutrition in the Design Technology Curriculum (Food Tech)
Science Curriculum
New Health Curriculum for 2020

Healthy snacks

Healthy lunches – salad bar, desserts

Opportunities for discussion about balanced eating

Questions about difficult to understand topics

- Calories
- Role of the macronutrients
- Why vegetables?
- Diversity
- Sugar
- Caffeine

Cross curricular opportunities

- Geography – where food comes from in the world, food miles
- Outdoor Ed – growing food
- Foods from different cultures, periods of history
- Fuelling our movement in PE

Extra curricular opportunities

- Cooking – with parents
- Supermarket visits
- Farm visits



Key Themes in Healthy Eating

Cooking and Nutrition

Both a skills-based and knowledge based curriculum

Attach learning about nutrition to each cooking lesson

Keep the foods you are making simple and classroom based

High expectations of pupils to design their own meals and why they've chosen certain foods

Not stand alone – links across the curriculum

Address pupil needs - why have you chosen this?

Look for the most nutrient dense opportunities – banana bread instead of fairy cakes for example – Ninja Bowls – foods children could make for breakfast

Discussion around eating for more than taste and texture

Link to home – share recipes; homework

Everything around the making – preparation, gathering ingredients, prepping the space and tools, clearing up, storing

Taking care of the environment – how far has the food travelled, is it seasonal? Avoiding plastic cutlery etc.



Key Themes in Healthy Eating

Snacks and Lunches

Health Council design healthy snacks for break times that will fuel the day

Do we need a dessert with custard/ice cream each day?

Fill up with vegetables – get creative – soup, ratatouille,
crudites with hummus/guacamole etc

Aim for colour

Food waste

Eating environment

Learning to eat well in front of others

Extra Curricular

Growing food

Cooking – independently, possibly with parents

Promoting and selling food

Socialising over food

Food visits



Key Themes in Healthy Eating

Food for fuel

Preparing for PE lessons the day before – suggestions for breakfast the next day

Remembering water bottles

Post movement nutrition – carbohydrates, protein, fats

Balanced moods suitable for competition

Designing own foods and drinks

Difficult topics

Sugar – moderation, not to be feared, be aware, simply reduce

Why calories are so important – where to get the most nutrient dense foods for the calories you are eating

Why skipping meals is not appropriate for children (and many adults)

What's the point of eating vegetables? Fibre, vitamins, minerals, diversity, reassurance that you're taking care of your body

Avoiding caffeine before bed

Healthy Habits

To thrive with a healthy lifestyle, we need to adopt daily healthy habits. Many see these habits as the thread that runs through an overall sense of wellbeing. We have been taught from an early age that these habits will impact our zest for life - sleep, hydration, fresh air, laughter - all should play a part in our recipe for a long, fulfilling life. Unfortunately, in our busy lives, we find these practices a challenge. They become our reaction to ill-health, rather than preventative measures which can enhance our everyday lives. For children, health becomes achievable and less daunting with simple daily habits, and these lifestyle choices may form the key to complete wellbeing. By combining habits such as hobbies, routine, laughter, moderation and abundance with healthy eating, movement and thoughts, we create a health ecology so strong, our children could flourish, despite modern health disruptors. Our Healthy Habits unit encourages more interaction with the natural environment, gives children an opportunity to reflect on their daily actions, and the tools to upgrade their health and wellbeing.



Who is Agent Lifestyle®?

Agent Lifestyle® places in value in some of the forgotten health secrets of past. He sleeps deeply for long periods, resting his mind and body to prepare for new learning. Every cell in his active, nourished body is plump with water, bringing clarity to challenging tasks. Outside, he breathes the fresh air which will aid his sleep, while the sun shines on as much of his skin as possible, allowing his body to produce Vitamin D for his bones and immunity. He fills his days with healthy hobbies, whilst maintaining balance with routine. Generally, his life is experienced in moderation, but abundance blossoms with healthy foods and activities. When spending time with family and friends, his teeth glisten with a happy smile.



Healthy
Habits



Agent Lifestyle

- Sleep
- Hydration
- Spending time outdoors
- Community
- Laughter



- Breathing
- Routine
- Hobbies
- Dental Health
- Moderation & Abundance

Healthy
Habits



Healthy Lifestyles in a Primary School

PE Curriculum

PSHE Curriculum

New Health Curriculum for 2020 – sleep, outdoor lifestyles, safety online, healthy routines, healthy eating habits, taking care of teeth, habits as adults, hygiene, caring for your skin outside, personal hygiene, screen time

Forest Schools / Outdoor learning

Community work – inviting others into school; working in the community

Access to water in school

Ensuring laughter happens and isn't dismissed as bad behaviour

Opportunities for breathing activities to energise and calm

Learning about health professionals – doctors, nurses, dentists, therapists etc

Modelling moderation and abundance



Key Themes in Healthy Lifestyles

Sleep

What is sleep? Why do we need it?

Issues we see

Combining knowledge and skills

How much we need

Bedtime routines

Bedroom environment – dark, cool, comforts, making the bed

Self soothing – getting to sleep – breathing activities –
gratitude – visualisation

Role of caffeine and where we may find it

Screen time – switch off an hour before bed

Sleep diaries

Dreams – dream diary in class/worry monsters



Key Themes in Healthy Lifestyles

Screen time

Healthy use of tablets, phones, computers

Things we may see/experience on the internet and how to behave

Social media – especially linked to body image

Only using computers when they can upgrade the work we do

Enjoy traditional practices such as writing a letter, drawing and painting,

playing a record/listening to live music

Blue light on screens – glasses/functions to dim

Recognising your own usage – deciding whether it's

healthy/less healthy

Keeping a screen diary



Healthy Thoughts

Most of the world's top achievers, in any discipline, demonstrate a deliberate drive to improve, a practised resilience in the face of adversity and value their own self-care highly. Their recognition of the importance of mental wellbeing is as distinct as their need to be physically healthy and fit. As teachers, we are striving for the best for our pupils, desperately juggling the need for them to achieve in all curriculum areas, but also to feel excited by learning, and the journey of life they have just begun. Mental and emotional wellbeing stands out as the driving force behind attainment and achievement: learners cannot achieve their best without feeling their best. In our busy, stressful world, we should be teaching our pupils to find enjoyment in drive and ambition, joy in success, and resilience in challenge. If they can develop strategies to plan an exciting future, work towards it by learning new skills, learn from their mistakes and any barriers they are faced with, success will seem much sweeter when it's achieved. Understanding how their body and mind works, and how they can utilise essential skills in mindset is the key to unlock this happiness. Our Healthy Thoughts unit focuses on how children think about themselves and others, physically and emotionally, with practical skills to aid attainment and achievement.



Who is Mindset Warrior?

Mindset Warrior[®] is at peace with herself. She sets goals, works towards them, picks herself up when she falls, and considers other people in her actions. She values herself - not for her appearance, but for her zest for life and the enjoyment she finds in interactions with people and the world around her. She strives to achieve, but not necessarily for perfection. She senses the good in others and works on self-development in order to feel a sense of fulfillment. A warrior instead of a worrier, she demonstrates resilience and kindness, both to herself and others.



Mindset Warrior

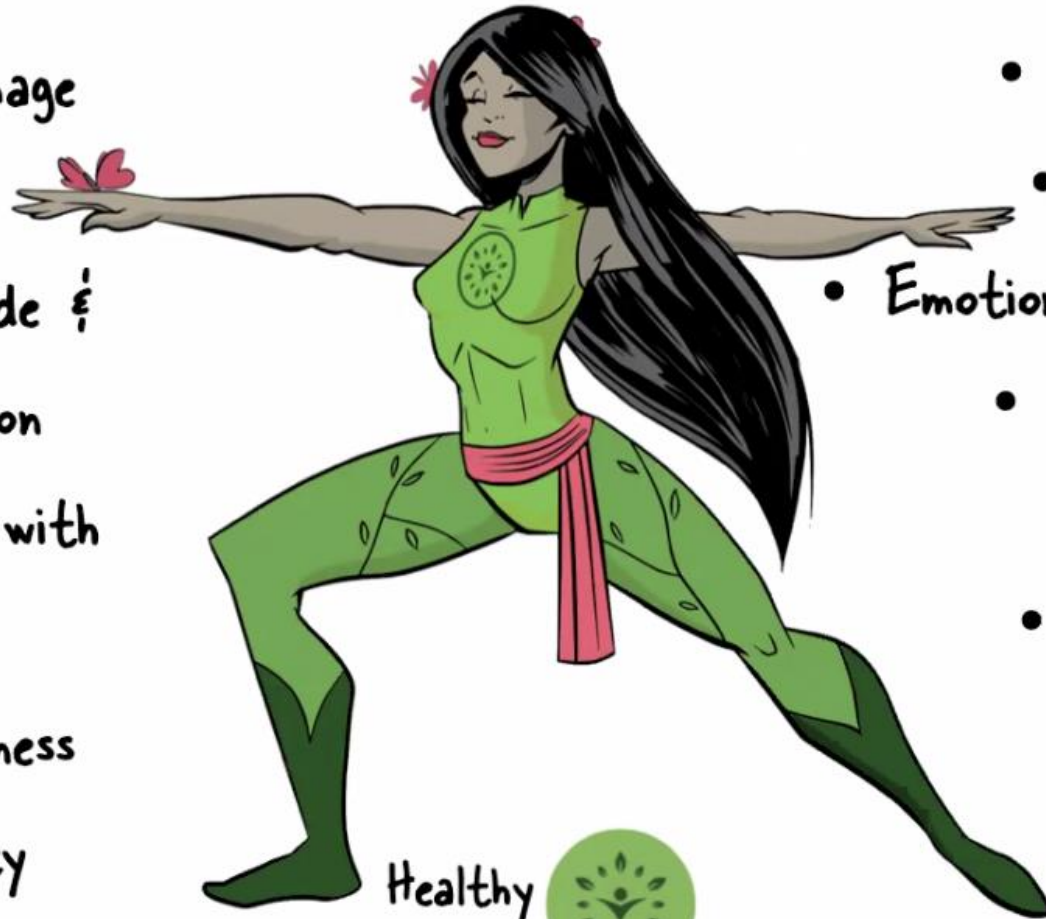
- Body Image

- Gratitude & Reflection

- Dealing with Stress

- Mindfulness

- Positivity



- Role Models

- Motivation

- Emotions & Feelings

- Friendship & Teamwork

- Resilience & Tolerance

Healthy Thoughts



Healthy Thoughts in a Primary School

PSHE Curriculum

Social and affective domains in the PE curriculum

New Health & Relationships Curriculum for 2020 –families and people who care for me; caring friendships; respectful relationships; being safe; mental wellbeing; changing bodies

Circle Times; discussions after break times;

British Values

SMSC

Body Image – in person and online

Time for reflection – religious or not

Goal setting

Who Am I?

Mindful moments

Forming an opinion



Key Themes Healthy Thoughts

Questions

Daily questions to reflect on

Big Questions – gathering research and opinions and forming your own

Short moments in class

Assemblies – straight after break – EMW

Philosophy club/P4C

Debating society

Keeping up to date with politics as a class

Body Image

Use of social media – manipulated images – algorithms

Idea of perfection/always better/beauty

Constant comparison

How they are unique – what they DO not how they LOOK



Goal setting

Key Themes Healthy Thoughts

Not just via marking and assessment

Personal goals – this term; this year; this school life; next school life; as an adult

Ambition – having an interest in something and working towards it with consistent habits

Seeing a problem they'd like to fix – planning how

Who Am I?

Reflection about yourself

Role models – healthiest, in school, at home, online,
in the community

Interests and hobbies

Forming an opinion

Mindful moments

Senses – memory

Quiet moments in class



PE not enough

- Childhood Obesity 'a major public health challenge of the 21st Century' (WHO) (30% o/w or obese in the UK)
- Diabetes in children rising (31,500 in the UK)
- 90% of the children we've worked with say they have trouble sleeping
- In the UK, 1 in 4 seven year old girls has tried to lose weight at least once
- In the UK, 1/3 of boys aged 8-12yrs are dieting to lose weight



The Reality

Children know...

That exercise is good for them
That sport is fun!
It feels good to run, jump, swim etc

Fruit and vegetables are good for them

Junk food is unhealthy
They should eat vitamins
It's bad to eat sugar
Not to eat too many calories

To use sunscreen so they don't burn
It's healthy to be outside
They should drink lots of water
They should brush their teeth
Not to be on their iPad for too long
It's healthy to relax
It's important to sleep

It's nice to feel calm
They should be kind to other people
Your brain has to be calm so you can think
They want to feel happy
They must not be violent
It's important to make good choices
They shouldn't worry

The Children's Health Project

Why?

