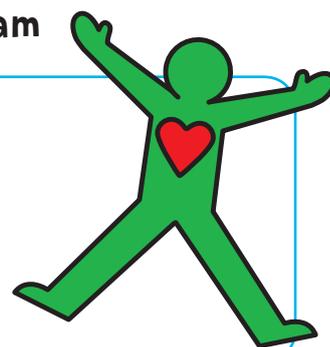




Our Healthy Year

Overview for headteachers and the senior leadership team

Did you know that a third of Year 6 children and over one fifth of Reception children are overweight? This means that they are more likely to become overweight adults and are more at risk of health issues such as type 2 diabetes, some cancers and heart disease.



It's crucial that children learn from an early age about healthy eating and the importance of activity in their lives so they can carry this information on with them beyond primary school.

As part of our Change4Life programme, we have created these brand new Our Healthy Year resources for you to use, particularly with Reception and Year 6 children, but also with the whole school to help them to eat well, move more and live longer.

Why should you use Our Healthy Year?

Reception is a time when children are settling into school and forming new patterns, and parents are engaged and involved with school life; children in Year 6 are particularly busy with stressful SATs preparation and experiencing the onset of puberty. These are key times for children to engage with the important healthy lifestyle messages in the Our Healthy Year resources.

These are also the years when children's height and weight is measured by school nurses as part of the National Child Measurement Programme. These resources will help support families when they receive feedback on their children's weight.



What's included in the toolkits?

The Our Healthy Year toolkits provide teachers with ideas and resources to use with their classes over the course of a year. Ideas are simple and flexible and have been written to get children eating well and moving more. Teachers can build ideas into their existing everyday routines throughout the year, or try the curriculum-linked activities over a whole year, term, month or week of healthy activity.



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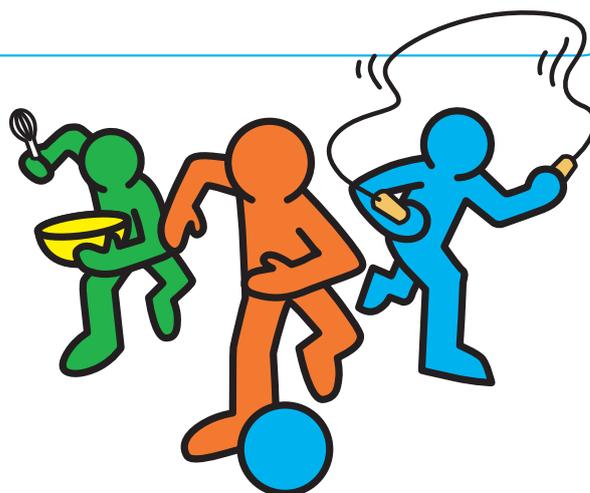
Benefits of using the Our Healthy Year toolkits

- ✓ Simple ideas for building healthy activity into existing everyday class routines.
- ✓ Flexible ideas linked to the Early Years Foundation Stage curriculum and Early Learning Goals, and the Year 6 curriculum.
- ✓ Ideas and activities can be adapted for a range of abilities and settings.
- ✓ Helps schools meet statutory duties to promote children's health and well-being, and help them understand how to keep themselves healthy (Ofsted School inspection handbook, personal development, behaviour and welfare).

You can find all the Our Healthy Year resources online at: [Change4Life/schools](https://www.change4life/schools).

Please share the resources with your Year 6 and Reception teachers, Healthy Schools Co-ordinator, PSHE lead and school governors. We hope your school will enjoy using them.

We would love to hear from you and see the resources in action. Please send your comments and photos to partnerships@phe.gov.uk



From the Change4Life team.