

Eat Well Move More Schools Programme

Eat Well Move More is a healthy lifestyles programme, commissioned by Public Health, for children aged 4-16 years. The aim is to improve health through increased physical activity, increased intake of fruit and veg, better knowledge of a healthy lifestyle and how to sustain this.



The children who would be involved in the Eat Well Move More programme would be those teachers/ parents/ guardians feel there are **concerns over their health** such as being overweight/ underweight, lacking nutritional knowledge, fussy eaters or inactive. The programme is designed to sensitively target these hard to reach groups, therefore we can run programmes for a select group of children or for the whole class as the focus is a **healthy lifestyle**. We also invite parents along to the sessions to re-enforce the key messages in the home environment.



The **10 week programme** involves **nutrition** i.e healthy lunchboxes, healthy breakfast and snacks, 5 A Day, tasting recipes and **physical activity** i.e scavenger hunts, playground games.

To access the free 10 week programme we require:

- Delivery space (a hall)
- Provide 1-2 staff members to support
- Identify up to 20 children (>6 target)
- Registration forms and letters of

consent to be distributed to parents

- Identify a day and time suitable for the programme to take place (60 minute session ideally taking place during the school day)

For more info visit:

www.solihullactive.co.uk
or call 0121 704 8207

Eat Well Move More will provide:

- A qualified Health Trainer to deliver high quality sessions. The Health Trainer will take measurements (height and weight) the week before and during the last session of the programme.
- All equipment and cooking ingredients
- Quarterly E Newsletters sent to parents
- Free merchandise and leaflets i.e water bottles or snack pots



Schools that have participated in the Eat Well Move More programme so far are:

Dickens Heath Primary, Windy Arbor Primary, Castle Bromwich Infant, Fordbridge Primary, Smith's Wood Primary, Peterbrook Primary, Cheswick Green Primary, Lyndon and more!

Testimonial

Our overweight children all grew and either maintained the same weight or even lost weight. Some of our very picky children were exposed to and tried food that they would not otherwise have tried (some parents have reported that they are now eating food that they previously would not have touched). All the children enjoyed coming to the sessions and were sad when they finished.

Parents who attended reported that their children were eating fruit and veg that they had refused to try before. One parent wrote on the evaluation form that she had learned that asking her child to join in food preparation encouraged her to eat food she wouldn't normally eat. All the children have memorised the message that they need to eat 5 fruit and veg a day and exercise for at least an hour a day.

Fiona Edwards, SENCO & PSHE Leader at Windy Arbor Primary

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