

# An important message for Essex schools from our Public Health and Healthy Schools Team

**Subject: Healthy Lifestyles**

**Date: January 2020**

**Issue: No. 12**

Essex Child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical health, social, emotional and financial issues that may affect the healthy development and future outcomes of young people.

Each month, we promote and support specific local, national and international campaigns by providing information and resources to schools, communities and organisations that can improve health and wellbeing for all. Our campaigns can be interactive with real-life practical learning examples, including web links to resources, which can be used in the classroom or at home.

This month, we are focusing our campaign on healthy lifestyles to celebrate the New Year and to support [Dry January](#). Many of us make healthy lifestyle New Year plans, such as exercising more, only to find that they are soon forgotten or not achievable. To ensure that any planned improvements to your lifestyle are maintained the NHS have 10 top tips to make your [New Year's resolutions](#) a success. It includes:

- Make only one resolution
- Avoid previous resolutions as this may bring disappointment
- Break it down into small steps that are achievable
- Tell friends and family so that you get support

There is lots of information in this publication which would be really beneficial to share with your wider school community. **Please do share this bulletin** via your website, parent mail - or any other place you feel relevant.

## Your pupils' wellbeing – Primary

The Department of Education is introducing statutory [health education](#) in all schools in September 2020 and within PSHE education you will need to cover: daily exercise, [good nutrition](#) and sufficient sleep. By the end of primary school pupils will also need to know:

- Facts about legal and illegal substances and the associated risks

For ideas on how to plan an effective alcohol and drug education that develops pupils' knowledge, skills, attitudes and values we highly recommend [Mentor-ADEPIS](#).

## Family wellbeing

*Information for parents/carers to be disseminated via your newsletters/parent mail/website*

Join [Change For Life](#) for some great games and recipes to help you all keep healthy this year. We particularly liked the [Frozen](#) inspired 10 minute game of 'Elsa's freeze tag'.

As parents we make an effort to offer our children healthy meals and snacks but it can be frustrating if they refuse to eat them. The NHS have some great tips for [fussy eaters](#):

- Offer your child the same food as the rest of your family
- Don't leave meals until your child is too hungry or too tired to eat
- Your child may be a slow eater, so be patient

It can get confusing when there is so much conflicting nutrition advice for families so take a look at the clear information on [get to grip with food labels](#) to help you. There is also a handy and fun food scanner app that you and your children can use when shopping.

Make sure you follow your local Essex and Child Family Wellbeing Service on Facebook to find out about all of the great activities they run in your local [Family Hubs and Delivery Sites](#). For example, Colchester Berechurch Family Hub have 'Move it Mondays' activities for all of the family.

Use the Sleep Council's interactive bedroom to find out what could be helping or hindering your [teenagers sleep](#). Make sure you are also getting enough sleep yourself and if you need inspiration try the [30 day better sleep plan](#).

According to the Alcohol Education Trust the average age a child will have their first whole alcoholic drink is between 13 and 14 years. It's important to talk to them before this age to help them to understand units and the effects of alcohol. Click [here](#) for further information.

## Your pupils' wellbeing – Secondary

Public Health England have written an alcohol lesson plan pack for Key Stage 3 and 4 and it includes exploring how to deal with [pressure from peers](#). We particularly like the videos that you can show your pupils to aid their learning.

If you are using an external PSHE speaker for any of your pupils lessons we urge you to first read the guidance published by the [PSHE Association](#). The advice includes ensuring that any lesson should be embedded within a PSHE education programme as one-offs have limited impact on learning and long term health behaviours. There is also a handy 'visitor checklist' that will contribute to safe and effective learning for your pupils.

To help your pupils maintain a healthy lifestyle that includes healthy eating take a look at the [Food A Fact For Life](#) resources. The progressive education programme can contribute to meeting the requirement of statutory [health education](#) in secondary schools from September 2020

Could any of your pupils be an All Together Ambassador? It involves being a role model and helping to champion disability and [inclusive sport](#) across Essex. Ambassadors represent a variety of disabilities and impairments.

## Staff wellbeing

According to the Sleep Council 'good health comes from [good sleep](#)' and they have 10 helpful commandments, suggestions include:

- Have a regular sleep routine
- Get out into natural light
- Make sure your room is cool, dark & quiet
- Hide your clock

Are you and your colleagues taking part in a [Dry January](#) challenge? The charity Alcohol Change UK suggests that Dry January can give us the chance to change our relationship with alcohol and it can take only 3 weeks to break habits. Use the [free app](#) to track your units, calories and money saved. You may like to donate the money you have saved to a charity of your choice and try replacing a cocktail with a Virgin Mary [mocktail](#).

For inspiration on how to get active take a look at [This Girl Can](#). You can also support this campaign by becoming an Ambassador and inspire other girls and women in Essex to get involved in [physical activity](#) and help to remove the 'fear of judgement' barrier.

# References

Please use these references to further your reading and find out more information:

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3. Department for Education (2019). Relationships Education, Relationships and Sex Education (RSE) and Health Education. Available at: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/805781/Relationships\\_Education\\_Relationships\\_and\\_Sex\\_Education\\_RSE\\_and\\_Health\\_Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)
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14. The Sleep Council (2019). Teen Sleep. Available at: <https://sleepcouncil.org.uk/teen-sleep/>
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17. The Sleep Council (2019). The 10 Commandments of Good Sleep. Available at: <https://sleepcouncil.org.uk/the-10-commandments-of-good-sleep/>
18. Alcohol Change UK (2019). Dry January. Available at: <https://alcoholchange.org.uk/get-involved/campaigns/dry-january/get-involved/the-dry-january-app>
19. World Cancer Research Fund (2019). Real Recipes. Available at: <https://www.wcrf-uk.org/uk/recipes/virgin-mary>
20. This Girl Can (2019). Home. Available at: <https://www.thisgirlcan.co.uk/>
21. Active Essex (2019). This Girl Can Essex Ambassador Guide 2019. Available at: <https://www.activeessex.org/this-girl-can-essex-ambassador-guide-2018/#>



To find out more information about us and the wide range of services we offer, please visit [www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to [Essex.Communications@virgincare.co.uk](mailto:Essex.Communications@virgincare.co.uk)