Healthy Lifestyles Offer for Schools

Danielle Walker & Peter Morgan
Structure:
• 8 week programme
• 2.5 hours (includes 30 minutes family time)
• Creche provision required

Incentives:
• HENRY resource pack, including story books, balls, reward chart
• Opportunity to meet and socialise with other parents

Topics include:
• Parenting confidence
• Physical Activity for little ones
• What children and families eat
• Family lifestyle habits
• Enjoying life as a family

“I enjoyed the programme because it made me plan my daily routine very well. My family lifestyle has also improved very much. I have been able to do regular/daily exercise with my kids and cook good and balanced diet food for them.”
LEAN Beans

Structure
• 6 Week programme
• Families 5-12 years
• 45 minutes family time
• 45 minutes physical activity / parent only discussion
• Key topics include: Portion sizes, sugars, fats
• Cooking workshop and Supermarket visit

Incentives
• £20 shopping voucher
• Family Leisure Membership
• Portion Plate for Children

Promotion:
• We organise playground promotion and a coffee morning for parents
A day of interactive workshops at a substantially reduced price of £99.

The hands-on, multi-sensory activities are accessible for all ages and abilities and have been carefully designed to meet and expand upon many objectives in the Science, PE and PSHE curriculum.

Session length: 1 hour (approx.)
No. of pupils per session: up to 60
Age suitability: Nursery-Year 6

Can cater to up to 300 children per day or 180 with includes a mixture of workshops and physical activity sessions.

https://www.youtube.com/watch?v=4TlgRN6qC-c#action=share

"Great workshop. Lots for children to do and a good range of activities. Children were very engaged. All children engaged in activities. A lot of information and facts for children to learn. Different activities for all abilities to access." 5****
Becontree Primary School
Workshops

Practical workshops for families, current topics include:
- Healthy Lunch Boxes
- Eat Well for Less
- Sugar Swaps

- Can be delivered as one-off sessions at schools, aimed at parents.
- 1 hour (30 mins of information and guidance, 30 mins for discussions and questions)
How to Sign Up

Contact the Healthy Lifestyles Team:

Email: healthy.lifestyles@lbdd.gov.uk

Telephone: 020 8227 8018