

The Healthy Child Programme

Supporting the National Child Measurement Programme (NCMP)

Resources - Healthy Eating

SCAN ME



NHS Food Scanner app: An app to help pupils explore what is in their food and drink and swap unhealthy foods that are high in saturated fat, sugar and salt, to healthier choices. The app is free to download:

Visit: www.campaignresources.dhsc.gov.uk/campaigns/school-zone/



SCAN ME



Healthy Steps - guidance for schools: Guidance for schools to support delivering a whole-school approach to healthy eating and supporting families:

Visit: www.campaignresources.dhsc.gov.uk/campaigns/school-zone/healthy-eating/



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Creating a culture and ethos of healthy eating: Supporting pupils to gain knowledge of how to keep themselves healthy and making informed choices about healthy eating and fitness.

Visit: www.gov.uk/government/publications/school-food-standards-resources-for-schools/creating-a-culture-and-ethos-of-healthy-eating



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FAB Families is a **FREE** service in Nottinghamshire designed to help you and your family with nutrition, exercise and lifestyles.

Visit: www.yourhealthnotts.co.uk/healthy-families-fab/



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Free school meals: guidance for schools and local authorities: Guidance for schools and local authorities about providing school meals including information on free school meal eligibility:

Visit: www.gov.uk/government/publications/free-school-meals-guidance-for-schools-and-local-authorities



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Health For Kids website: A free health website for children and families offering advice and signposting.

Visit: www.healthforkids.co.uk



SCAN ME



Health For Kids website: A free health website for children and families offering oral health advice and signposting.

Visit: www.healthforkids.co.uk/nottinghamshire/search/?q=oral+health



If you have any concerns with your child's growth, the Healthy Family Team is there for help and advice.

TELEPHONE: 0300 123 5436 TEXT: 07520 619919

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Resources - Physical Exercise

SCAN ME



Active Mile Briefings: Provides information about the evidence on active mile initiatives, ideas for how to implement them and examples of practice. It recommends that schools deliver at least 30 minutes of the recommended daily 60 minutes of moderate to vigorous physical activity for children:
Visit: www.gov.uk/government/publications/active-mile-briefings



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School sport and activity action plan: A cross-government action plan to provide pupils with greater opportunity to access 60 minutes of sport and physical activity every day.
Visit: www.gov.uk/government/publications/school-sport-and-activity-action-plan



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Active School Planner: A free-to-use interactive tool for schools to review and improve the physical activity offer to their pupils.
Visit: www.activeschoolplanner.org/



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Physical activity guidelines for 5 to 18-year-olds: Chief Medical Officer's physical activity guidelines infographic for 5 to 18-year-olds.
Visit: www.gov.uk/government/publications/physical-activity-guidelines-children-and-young-people-5-to-18-years



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Resources - Emotional Health & Wellbeing



Guidance on the eight principles for promoting emotional health and wellbeing in schools.

Visit: www.gov.uk/government/publications/promoting-children-and-young-peoples-emotional-health-and-wellbeing



Resource library: Including lesson plans and assessment tools to help develop the PSHE curriculum.

Visit: www.pshe-association.org.uk/resources-home



Quality-assured information, advice and resources: To help primary schools understand and promote children's mental health and wellbeing.

Visit: www.mentallyhealthyschools.org.uk



Better Health School Zone offers: Lesson plans for year 6 and key stages 3 and 4 to support the relationships, sex and health education curriculum and enable teachers to support the wellbeing of students.

Visit: www.campaignresources.dhsc.gov.uk/campaigns/school-zone/



MindEd: A free educational resource on children and young people's mental health for all adults.

Visit: www.minded.org.uk/Catalogue/Index?hierarchyId=0_48943_49165&programmId=48943



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