

Encouraging Healthy Choices

Physical exercise

Mental health

Diet

Date 10th December 2020

Delivered by Nikki Edwards, HSLW



Our Ground Rules

Please do:

- Respect confidentiality.
- Respect others points of view.
- Listen to each other.
- Mute your device.
- Ask questions or add comments via the chat icon.
- Contact HSLW at your child's school for more support following the sessions.

Please don't:

- Record the sessions.
- Interrupt.
- Share personal information that may be shared within this session with others.



Training Aims

- To understand recommendations for physical exercise for children.
- To be aware of nutritional guidelines for children.
- To explore the wheel of well-being and self care.
- To feel confident in making lifestyle changes.
- To know where to access further support.



Benefits of Physical Activity

- Strengthens muscles and bones.
- Improves health, fitness and emotional well-being.
- Develops co-ordination.
- Helps maintain a healthy body weight .
- Helps with getting a good night's sleep.
- Builds self confidence and self esteem.
- Develops social skills.
- Releases endorphins which help us to feel good.
- Reduces adult health risks.



Barriers to Physical Activity

- Lack of motivation.
- Not knowing where to start.
- Expense.
- Family may not be very active.
- Worried about not having the right clothes and footwear.
- Feelings of not being very good at sport and exercise.
- Feeling nervous.



Encouraging Physical Activity

- Share your own experiences and feelings about physical exercise.
- Talk about the importance of physical activity for healthy bodies.
- Talk about the physical activities you enjoy or might enjoy doing as a family.
- Schedule time into your daily or weekly routine.
- Praise and promote physical activity.
- Set a family target for activity – start small and build up.
- Encourage their involvement in clubs.
- Provide them with toys that promote exercise.
- Lead by example – you are your children’s most influential role model.



How much exercise do children need?



It is recommended that children should exercise for at least
60 minutes every day.



Physical activity for young people during COVID-19

Feel better **Learn new skills**

Some is good, more is better **Have fun**

Online yoga **Make an action movie** **Learn to juggle**

Create dance routines **Build an obstacle course**

Skipping **Challenge mates online** **Balloon volleyball**

Do activities with your family **Break up sitting during school time by moving about** **Check online for activity ideas**

Infographic created by Steven Hanson email: hello@floating-boat.co.uk
This infographic is based on the BJSM blog
Stay safe, be active: Physical activity for children and young people aged 5-8 years during COVID-19



Moving Medicine

What counts as moderate physical activity

Any physical activity is better than none. It is never too late to get more active to improve health. Activities could include:

<p>walking</p> 	<p>gardening</p> 	<p>hiking</p> 	<p>dancing</p> 
 <p>cycling</p>	 <p>active recreation</p>	 <p>swimming</p>	



Mental Health and Well-being

Well-being Wheel



Self Care Ideas

- Social Media
- Crafting
- Good sleep habits
- Exercise and nutrition
- Dancing
- Listening to music
- Talking to a friend or loved one
- Hope box
- Gratitude diary
- Volunteering
- Faith
- Goal setting
- Many more ideas...



Places to go for well-being ideas and Support

- <https://youngminds.org.uk/>
- <https://www.childline.org.uk/>
- <https://www.kooth.com/>
- <https://www.sabp.nhs.uk/mindsightsurreycamhs/services/crisis/cyp-haven>
- <https://www.actionforcarers.org.uk/who-we-help/young-carers-under-18/>

Child and Family Health Surrey advice line 01833 340 922

(Monday-Friday 8-5)

Text a school nurse, text Chat Health to 07507 329951



Take a step to better mental & physical health



stormbreak.org.uk



Healthy Eating

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturated fat 1.3g	Sugars 35g	Salt 0.9g
13%	LOW	LOW	HIGH	MED.
	4%	7%	39%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ / 167kcal

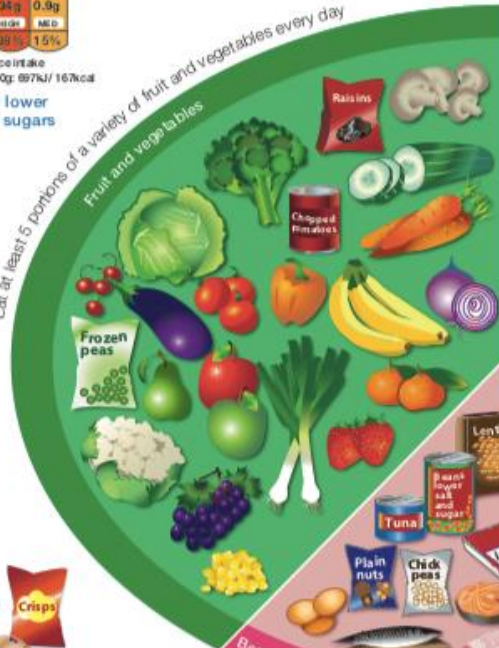
Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day
Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar
Potatoes, bread, rice, pasta and other starchy carbohydrates



Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives
Choose lower fat and lower sugar options



Oil & spreads
Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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- Healthy & tasty recipe ideas.
- Food facts.
- Advice on getting children active.
- Take away and ready meal tips.
- Mental well-being tips for parents.





A helping hand for a healthier family

Surrey referral criteria:

- Above a healthy weight range and comes from a family whose income is under £20,000 or receives benefits OR
- is from a black, Asian or minority ethnic background OR
- has a long term illness, special educational need or disability* OR
- is from a selected area of Surrey
- If your child is 12+, or they don't meet the threshold to get onto the full programme you can still find lots of help on the parents help page.



Together you can make healthy choices

- Taking care of your mind and body through exercise and nutrition.
- Taking care of your well-being through self care.
- One step at a time...one day at a time.
- May be a rollercoaster ride.
- Family approach.

What will your families first steps be?



Thank you for joining us today

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