



The prevention of childhood obesity is a public health priority. Given the impact of obesity on general health and development, chronic and acute disease and mental health, schools should take steps to combat it.

This Obesity Strategy provides evidence to support the efficacy of school, family and community health interventions.

Schools are advised to make healthy changes in the following areas:

- ✓ Ensure school curriculums teach the importance of healthy eating, physical activity and positive body image;
- ✓ Spend more time on physical activity and developing fundamental movement skills;
- ✓ Improve the nutritional quality of all school food supplies;
- ✓ Upskill teachers to deliver health promotion strategies, workshops and activities (CPD, capacity building, counselling skills, etc.)
- ✓ Encourage parental engagement in home activities to help children stay active, reduce sitting time and eat healthy foods.

There is growing evidence of the impact of obesity and sedentary behaviours on the development of kids' bodies. Being overweight affects not just future health, but also short term functioning, learning capacity and general wellbeing.

At the same time, obesity strategies should strive to reduce social inequalities. The outcomes of health initiatives must not favour those with socioeconomic advantages.

In using this Obesity Strategy, teachers and pupils will better understand:



Physical Activity: Movement of the Day, Home Activity Plans;



Healthy Diet: Healthy eating resources for families;



Impact of Good Health: Lesson Plans, Parental Engagement;



Healthy Environments: Advice on healthy mealtimes (at school and home);



Self Esteem: Emotional Wellbeing Surveys, Support for PE and sports;



Impact of Unhealthy Lifestyles: Lesson Plans, Parental Engagement

## Action Plan

Schools are advised to measure children twice per year. Body Composition Scales is the recommended classification system. It ascertains body fat percentage, growth rate percentile, hydration levels and basal metabolic rate.

When combined with regular wellness surveys, these measurements form the basis for a whole school approach to better health and wellbeing.

They should be accompanied by the following steps:

- 1** Ensure school curriculums teach the importance of healthy eating, physical activity and positive body image;

The school will provide all KS groups with schemes of work and lesson plans designed to support healthy eating, physical activity and positive body image.
- 2** Spend more time on physical activity and developing fundamental movement skills;

The school will adopt Movements of the Day and make Home Activity Plans available to all pupils.
- 3** Improve the nutritional quality of all school food supplies;

The school will provide all KS groups with schemes of work and lesson plans designed to support healthy eating, physical activity and positive body image.
- 4** Upskill teachers to deliver health promotion strategies, workshops and activities (CPD, capacity building, counselling skills, etc.)

The school will deliver continuous CPD provisions with the aim of helping staff become independently skilled and self-sufficient.
- 5** Encourage parental engagement in home activities to help children stay active, reduce sitting time and eat healthy foods;

The school will increase parental engagement via push notifications about healthy eating and home activities.

## The school will make pupils and teachers more aware of:

- ✓ **Physical Activity: Movement of the Day, Home Activity Plans;**  
The school will provide login details to pupils and parents to ensure all families have access to Movement of the Day and Home Activity Plans.
  
- ✓ **Healthy Diet: Healthy eating resources for families;**  
The school will send monthly notifications to parents with the aim of reinforcing health and wellbeing goals.
  
- ✓ **Impact of Good Health: Lesson Plans, Parental Engagement;**  
The school will provide teachers and parents with Impact Reports to demonstrate learning and progress.
  
- ✓ **Healthy Environments: Advice on healthy mealtimes (at school and home);**  
The school will provide parents with healthy eating ideas, particularly in regard to healthy lunchboxes.
  
- ✓ **Self Esteem: Emotional Wellbeing Surveys, Support for PE and sports;**  
The school will periodically survey pupils to determine emotional wellbeing and, in particular, levels of self-esteem.
  
- ✓ **Impact of Unhealthy Lifestyles: Lesson Plans, Parental Engagement**  
The school will supply teachers with lesson plans and parents with notifications to inform about the dangers of poor diet and sedentary behaviours.

If you have any questions about this Healthy School Programme or the Amaven system, please contact our team.

You can call us on 0161 300 9172.  
Or, email us at [info@amaven.co.uk](mailto:info@amaven.co.uk).

We're always happy to help.

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