



**DEVELOPING  
HEALTH & WELLBEING  
FOR EVERY CHILD**

## WHAT IS A HEALTHY SCHOOL?

A healthy school is one in which young people feel safe, supported and empowered. It's a place which cultivates the physical, emotional, social and mental health of all staff and pupils. By fostering health and wellbeing in this way, it positions children to thrive and grow into confident, capable adults.



### EVERY PUPIL IS SUPPORTED AND EMPOWERED

Pupils play an active role in creating healthy school environments and are encouraged to adopt healthy habits which are consistent with their physical, social and emotional needs.



### EVERY ADULT IN THE SCHOOL PLAYS THEIR PART

All adults in the school are committed to taking actions which increase physical activity levels, promote healthy eating and develop pupils' mental and emotional wellbeing.



### EVERY PARENT/CARER IS INFORMED AND INVOLVED

A Healthy School depends on support from parents and the family. Parents/carers are provided with resources and guidance to continue their child's physical and emotional development at home.



# 10 STEPS TO A HEALTHY CHILD



## SELF-CARE/SAFETY

Teach risk management for dangers arising from digital devices, road hazards, bullying and poor mental health



## SPORTS

Continue to develop physical literacy and social skills by ensuring access to safe, supported sports at school



## HEALTHY EATING

Promote balanced nutrition via the EatWell Plate, sugar awareness, 5 A Day and healthy hydration



## PHYSICAL ACTIVITY

Integrate a variety of physical activities to deliver at least 60 mins of exercise every day



## RELATIONSHIPS

Encourage social bonding via team activities, mentorship, class discussions and group play



## PLAY

Provide ample opportunities for independent play and recognise its value for physical development



## SLEEP

Provide families with advice on healthy sleep to help them build positive night-time habits



## ROLE MODELS

Use real and fictional figures to demonstrate healthy choices and the benefits of leading a healthy lifestyle



## MINDFULNESS

Practise emotional regulation via mindful activities like deep breathing, meditation, body scanning and self-reflection



## MOVEMENT SKILLS

Increase physical literacy and movement competence by developing Fundamental Movement Skills in PE



## 7 ACTIONS TO LAUNCH YOUR HEALTHY SCHOOLS PROGRAMME

- ✓ Celebrate the launch of your Healthy Schools Programme with an Amaven Wellness Kickstart Day (in school).
- ✓ Liaise with all teaching staff on the integration and application of your Amaven Healthy Schools Programme and its resources.
- ✓ Reduce classroom sitting by adding 3-10 minutes of physical activity (dance, yoga, stretching, etc) to all core lessons.
- ✓ Integrate health and wellbeing into your school assemblies to reinforce classroom, PE and extracurricular learning about healthy, active lifestyles.
- ✓ Encourage and facilitate healthy lifestyle changes at home by giving parents/carers easy access to your Healthy Schools Programme and its resources.
- ✓ Complete a whole school PE assessment (in classes or year groups) to generate a baseline for physical literacy and movement competence that can be used to demonstrate pupil progress and programme impact.
- ✓ Start sharing wellness bulletins, e-shots and programme resources (where relevant) with parents/carers to encourage engagement.



# THE AMAVEN HEALTHY SCHOOLS PROGRAMME

## PHYSICAL ACTIVITY



Mini Yo! Yoga



Dance of the Day



Movement Skills



Sports Games



And lots more

## HEALTHY EATING



Sugar Awareness



Lunchbox Advice



Hydration Tips



Wellness Bulletins



And lots more

## EMOTIONAL WELLBEING



Refocusing Activities



Brain Breaks



Mindfulness Sessions



Resilience Builders



And lots more

## PERSONAL SAFETY



Road awareness



Digital Safety



Hand hygiene



Healthy Living Quizzes



And lots more

## SUPPORT FOR TEACHERS



Healthy Heroes Stories



PE CPD Videos



Impact Reports



PE Lesson Plans



And lots more



**YOU'RE A MEMBER OF THE AMAVEN HEALTHY SCHOOLS PROGRAMME**

Log into your portal to start enjoying all of these resources and more.

## QUESTIONS?

If you have any questions about the Healthy Schools 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.



**AMAVEN**  
MOVE • PLAY • LIVE

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