

New Our Healthy Year toolkit for schools!



Have you seen the new Our Healthy Year toolkits in your school?

The Change4Life Our Healthy Year toolkits provide curriculum-linked activities to help **Reception and Year 6 pupils** build healthy habits during the school years in which children are weighed and measured as part of the **National Child Measurement Programme**.

Our Healthy Year will help you to run a whole year of fun, healthy, curriculum-linked activity and, in doing so, support parents who are looking for ideas to help their children live healthier lives.

Reception and Year 6 is a great time to help children form lasting healthy habits which will act as a foundation for the future, as they either start primary school or prepare for secondary school.

The toolkit is being delivered with the **School Fruit and Veg Scheme** now, but if your school is not part of this, you can order a pack or [download one from the Change4Life School Zone](#).

[Download resources](#)



Benefits for schools

- Simple, fun ideas for building healthy activity into existing everyday routines which can be adapted for a range of abilities and settings
- Flexible activities linked to the Early Years Foundation Stage curriculum and Early Learning Goals and includes direct links to the Year 6 Literacy and Maths curricula
- Helps schools meet statutory duties to promote children's health and well-being, and help them understand how to keep themselves healthy (Ofsted School inspection handbook, personal development, behaviour and welfare).



Our Healthy Year activities on the School Zone

You can also find the contents of the printed pack, along with supporting resources, including activity sheets, presentations, whole-school ideas and take-home activities on the School Zone.

[Visit the School Zone](#)



Take on the Our Healthy Year challenges!

Keep your pupils fit and have fun with 10 new Our Healthy Year challenges. Using the activities from the **Take-home resources** section, choose a challenge to do each month or week, from Daily Dancing to Mad about Veg. You can ask parents to help their children to log their activity using the Passport and then celebrate pupils' achievement with the Our Healthy Year Celebration Certificate!

[Download resources](#)

Change4Life, created by Public Health England, supports families with children aged 5-11 to eat well and move more.

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