

Children achieve most when  
home and school work together

Our School, Our Community, Our Future



If you would like any further information  
or wish to comment, please contact:  
Shirley Mayall (Healthy Lifestyles Lead  
Teacher),  
Chris Smith / Karen Montgomery (Learning  
Mentors) or  
(School Nurse)  
for further help or advice.  
02476 688947  
[shirley.mayall@holbrook.coventry.sch.uk](mailto:shirley.mayall@holbrook.coventry.sch.uk)



# Holbrook Primary



## Leading A Healthy Lifestyle

## Be active each day

- Regular physical activity is important for the healthy growth, development and well-being of children.
- They should do moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
- Vigorous intensity activities, including those that strengthen muscle and bone, should be done at least 3 days per week.
- Promote walking as a form of transport. Where possible, parents and children can walk to school (or even part of the way) together.
- Parents should be good role models and have a positive attitude to being active.

## Eat more fruit and vegetables

- Eating fruit and vegetables every day helps children to grow and develop, boosts their vitality and can reduce the risk of illness.
- Aim to eat your '5 a day' of fruit and veg.

## Turn off the TV or computer and get active!

- Children should cut down the amount of time spent being sedentary (sitting) for long periods of time.
- Children and young people should spend no more than two hours a day on 'small screen' entertainment.
- Plan a range of active indoor and outdoor games as alternatives to watching TV or playing on the computer.

## Choose water as a drink

- Water is the best way to quench your thirst - and it doesn't come with any added sugar.
- Reduced fat milk is a nutritious drink and a great source of calcium.
- Give children whole fruit to eat, rather than offering fruit juices that have a lot of sugar.

## Eat fewer snacks and chose healthier alternatives

- Healthy snacks help children and young people meet their daily nutritional needs.
- Snacks based on fruit and vegetables, reduced fat dairy products and whole grains are the healthiest choices.
- Avoid snacks that are high in sugar or saturated fats - such as chips, cakes and chocolate - which can cause children to put on excess weight.