

Children achieve most when
home and school work together



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



Holbrook Primary



Tips for Parents

Top tips!

- The choices you make are crucial in helping your children to develop healthy eating habits and to be physically active.
- This might mean changing what you buy at the supermarket and what snacks you serve.
- Find ways to get your children up and active.
- Encourage your children to make healthy choices about food and being physically active - talk to them, prepare healthy snacks and meals, and buy them 'active' gifts such as bats, balls, skipping ropes.
- Avoid using unhealthy foods as 'treats' for children's good behaviour as this is likely to have a training effect and increase the appeal of such foods.
- Making healthier choices doesn't mean you can't reward or treat children. You can come up with some fun, 'active' rewards that aren't food related, such as going for a bike ride with mum and dad, a morning at the swimming pool or a visit to a local venue (park, zoo, wood etc).
- Children do what they see, so it is crucial to show healthy behaviours. This can be as simple as eating together as a family, involving children in choosing and preparing healthy meals and spending time together being physically active.

Why bother?

Our busy lives can make it difficult to find time to be physically active and eat well.

We can slip into the habit of choosing unhealthy snacks and take away foods or spending our time in front of the TV or computer.

However, these choices can be dangerous for our health and our children's health - both now and in the long term.

Did you know:-

- Currently one third of young people are overweight or obese.
- It is forecast that, without intervention, two thirds of young people will be overweight or obese by 2050.
- Childhood obesity also increases the likelihood of becoming an obese adult.

The health and well-being of children is a central role of Holbrook School and we will work together with parents and carers to ensure our children are healthy.

Useful Websites

The following links can offer support to parents and guidance on how to lead a healthy lifestyle.

www.nhs.uk/Change4Life/Pages/change-4-life.aspx (log on and you can receive a personal plan posted to your home, find out what activities you can do within a 10 mile radius from your home, etc)

www.nhs.uk/livewell (lots of help and advice including healthy eating, dental health, fitness programmes for everyone, etc)

www.cookandeatwell.co.uk (giving help and advice for healthy eating options, recipes and local events).