

An important message for Essex schools from our Public Health and Healthy Schools Team

Subject: Bike to School Week, Healthy Eating and Child Safety

Date: May 2019

Issue: No. 5

The Essex Child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical and emotional health, social, and financial issues that may affect the healthy development and future outcomes of young people.

Each month, we promote and support specific local, national and international campaigns by providing education, advice and information to other organisations that can improve health and wellbeing for all. Our campaigns can be interactive with real-life practical learning examples, including web links to resources, which can be used in the classroom or at home.

This month, we are focusing our campaign on:

- Bike to School Week 27-31 June
- Child Safety Week 3-9 June
- National Healthy Eating Week 10-17 June

Your pupils' wellbeing – Primary

Bike to School Week is a time for inspiration – we hope it helps pupils, parents and teachers across the UK kick-start active travel habits and switch to cycling, scooting or walking for the school journey. Did you know that Bikeability supports the culture, ethos and environment of a healthy school and gives long lasting benefits to young people? Have a look on the Bikeability [website](#) to get ideas on how you can get involved.

Healthy eating week is about celebrating and promoting healthy eating, as well as food provenance, cooking and being active. The Food a Fact for Life has a [useful website](#) for both key stages.

Each section provides activity ideas and resources to introduce children to food commodities. You'll find activity ideas and resources to support the teaching and learning of food with children. They have been developed to be used by teachers to stimulate children's interest in food, as well as support the curriculum. Click the link for some tasty healthy [recipe ideas](#) to try with your pupils.

Child Safety Week is run by Child Accident Prevention Trust to raise awareness of the risks of child accidents and how they can be prevented. The website provides a range of resources to help practitioners run local activities and events and promote safety messages in a fun and engaging way. Access [free resources](#) including the Child Safety Week action pack, poster, competitions, quizzes and more.

Your pupils' wellbeing – Secondary

Bike to School Week is a free, fun, week-long celebration for students of all ages and abilities. School participation in Bike to School Week enhances sustainability curriculum, builds community, and highlights the benefits of active transportation - like less congestion and healthy, energised students!

Secondary schools are encouraged to participate too, either as an entire school or individual riders. Students and staff can log their trips to school and work, track their results, comparing their results and maybe even win prizes! There are lots of promotional materials on the cycling.org [website](#).

If you teach 11-16 year olds then we recommend looking at the Food a Fact for Life [website](#) where you'll find activity ideas and resources to support the teaching and learning of food with children. They have been developed to be used by teachers to stimulate pupil's interest in food, as well as support the curriculum. Encourage pupils to swap their favourite takeaway for a [healthier alternative](#) to enjoy with their family and friends.

Family Wellbeing

Information for parents/carers to be disseminated via your newsletters/parent mail/website

Parents and carers; did you know that it is Bike to School week 27th-31st June? Bike to School Week is a time for inspiration – helping pupils and parents/carers across the UK kick-start active travel habits and switch to cycling, scooting or walking for the school journey. Click [here](#) for further information on how you can encourage your child or children to bike to school.

Why don't you involve the whole family, set daily activity targets, track your journey and compare results with each other? Click [here](#) to find out how cycling can contribute to the recommended amount of daily exercise.

It's Healthy Eating Week 10th -14th June and the Change4Life [website](#) has some brilliant free and fun recipes on the website.

As a parent/carer it's important we are aware of accident prevention in the home. The Child Accident Prevention Trust has [downloadable packs](#) for parents and carers, aimed at helping parents/carers identify the key risks of accident and help prevent them. There are some fun activity sheets at the back of the pack that you could do with your children.

The theme for child safety week this year is Family life today: where's the risk? This aims to highlight the new dangers facing families today from our modern lifestyles and offers simple solutions to keep children safe .

Wellbeing for you

Join in with the bike to school/work week and be a good role model. Track your journey and compare results. Maybe have a staff competition!

This [clip](#) explains the benefits that cycling, and other forms of physical activity, can have on your mental wellbeing.

At the heart of British Nutrition Foundation (BNF) Healthy Eating Week are five health challenges:

- Have breakfast
- Have 5 A DAY
- Drink plenty
- Get active
- Sleep well - NEW for 2019!

Click [here](#) for more information.

References

Please use these references to further your reading and find out more information on the topics covered this month

1. Sustrans. (2019). Bike to School Week. Available at: www.bikeability.org.uk/resources/
2. Food a fact of life. (2019). 5-7 Years. Available at: www.foodafactoflife.org.uk/5-7-years
3. Food a fact of life. (2019). Recipes. Available at: www.foodafactoflife.org.uk/recipes/
4. Child Accident Prevention Trust. (2019). 2019 Action Pack and Poster. Available at: www.capt.org.uk/csw-action-pack
5. Sustrans (2019). What you can do. Available at: www.sustrans.org.uk/what-you-can-do/children-and-families/school-run-cycling-and-walking-school
6. NHS (2019). Live-Well. Available at: www.nhs.uk/live-well/exercise/
7. NHS (2019). Change4Life. Available at: www.nhs.uk/change4life/recipes
8. CAPT(2019). Safety Advice. Available at: www.capt.org.uk/Pages/Category/safety-advice-injury-types
9. Cycling UK (2019). Bike Week. Available at: www.cyclinguk.org/bikeweek/downloads
10. Food A Fact for Life (2019). 11-14 Years. Available at: www.foodafactoflife.org.uk/11-14-years/
11. Food A Fact for Life (2019). Recipes. Available at: www.foodafactoflife.org.uk/recipes/?q=curry&sort=relevance&size=6&ageGroup=&complexity=&foodGroups=&skillsRequired=
12. Mind (2019). Physical Activity and your Mental Health. Available at: www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/#.XNvHhk2WzIU
13. British Nutrition Foundation (2019). Healthy Eating Week. Available at: www.nutrition.org.uk/

To find out more information about us and the wide range of services we offer, please visit www.essexfamilywellbeing.co.uk

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings. Please send your reply to Essex.Communications@virginicare.co.uk

