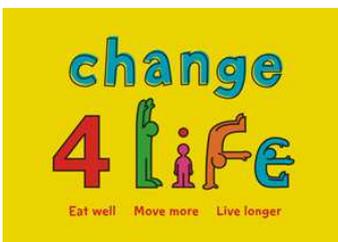
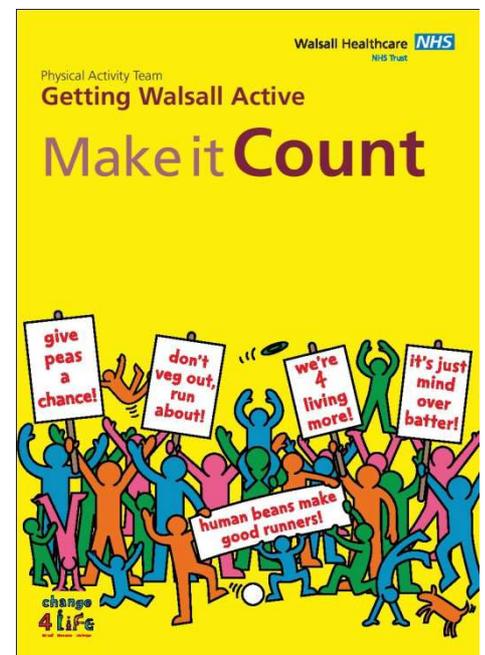


The Two Way Street

Healthy lifestyles are once again topical in schools! With new technology coming out all the time, research shows that more and more children are choosing this as a pass time rather than being sporty! Subsequently, children are shown to be having less exercise and snacking more on sugary or fatty foods. Walsall NHS has recognised the need for additional resources to help compensate.

Walsall Healthcare NHS Trust is offering families numerous ways to get their children to adopt a healthier lifestyle regarding exercise and food choices ALL FREE OF CHARGE! The Physical Activity Team from 'Getting Walsall Active' is running a 'Make It Count' programme which is a 12 week course for 4-7 year olds. Each week, children and their families can take part in 60 minutes of fun by playing a variety of games and developing their knowledge of healthy and unhealthy food choices as well as understanding how choices impact on the body. Children will build up a week by week folder of information which includes activity sheets. For more information on the 'Make It Count' programme, phone Lifestyle link on [01922 44 40 44](tel:01922444044)



Walsall's Health and Fitness Team are also running a free 'Young Persons Weight Management Programme' for pupils aged between 8 and 16 at Oak Park Leisure Centre, Bloxwich Leisure Centre and Walsall Gala Baths. For more information on this, please contact the Fun4Life team on [01922 658080](tel:01922658080).

In school, we are also trying to play our part by putting on more after school clubs and extending the 'Food Dudes' programme.

To summarise; -

- * The Food Dudes Programme aims to encourage children to eat more fruit and vegetables at school and at home.



- * It is based on positive role models, repeated tasting and rewards.
- * Children will be encouraged to bring in healthy lunch boxes and break times snacks and there will be prizes awarded to the healthiest class!

We have noticed that many children's snacks at break times consist of chocolate and crisps! The litter in the playground confirms this too. Now that school dinners are much healthier with a better choice of unprocessed meats, fruit, salad and vegetables, we are once again asking for your support to help implement a healthier diet for all children in school.

Why not visit this website for more information about keeping healthy -

<http://www.healthykids.nsw.gov.au/kids-teens.aspx>

This *Healthy Kids website* is now celebrating its 10th birthday!

"With more than one in five kids in NSW overweight or obese, this joint initiative between the NSW Ministry of Health, NSW Department of Education, Office of Sport and the Heart Foundation (NSW Division) is an important resource for parents and kids alike.

The overall goal of the *Healthy Kids website* has remained the same over the past decade - to support teachers, parents, carers, coaches, health professionals, kids and teens to make healthy choices by providing a "one stop shop" of current and credible information, resources and support materials about healthy eating and physical activity.

On the *Healthy Kids website*, you will find kid friendly recipes, ideas for physical activity and practical ways to improve nutrition, as well as specific factsheets for families and children. You can also sign up for a quarterly e-newsletter which informs our subscribers of topical or new information on the site.

The website content is structured around five key messages:

- Get active for an hour or more each day.
- Choose water as a drink.
- Eat more fruit and vegetables.
- Turn off the TV or computer and get active.
- Eat fewer snacks and select healthier alternatives.

If you have any comments, concerns or questions - why don't you email us on our address specifically for the 'Two Way Street'

Email address:

twowaystreet@st-johns.walsall.sch.uk

