

### **Health & Wellbeing workshops – KS1**

These sessions focus on a healthy plate, portion size, reducing sugar, salt & saturated fat in the diet

### **Health & Wellbeing workshops – KS2**

A session focusing on a healthy plate, portion size, food labelling, reducing sugar, salt & saturated fat intake, mental health and nutrition/physical activity goal setting. Children are taught these topics through physical activity and active learning

### **Parent / carer Healthy Living workshop**

An opportunity for parents to find out about the programmes that have been delivered in school plus some information on leading a healthy lifestyle and continuing what the children have learnt at home. Topics covered – Healthy behaviours i.e. increase fruit and vegetable consumption, sugar swaps, portion size, healthy snacking, physical activity, sleep and shopping and cooking on a budget. This can be run as a coffee morning or after school

### **Family cookery workshop**

3-week cookery workshop hosted on school site, parents and children learn to cook and eat healthily focussing on a different theme each week. Themes so far included healthy breakfast (low sugar, increase fruit, vegetables and fibre), Fakeaways (healthy takeaway alternatives), healthy snacks. Parents and children eat together and take home recipes

### **Healthy Living Week**

Delivery of any Health & Wellbeing programmes of your choice plus the opportunity to access events by outside providers e.g. Mercato Metropolitano cookery classes

### **Healthy Schools London consultation**

Meeting to discuss and plan application for bronze, silver and gold Healthy Schools London award

### **Whole School Health Day**

A mix of physical activity and nutrition workshops across the school day

### **Health Festivals**

The festivals are an opportunity for children to learn about nutrition, health & wellbeing through physical activity. There will be a carousel of stations with games and activities teaching the children about healthy eating, food labelling and portion size