



**SCHOOLS HEALTH &
WELLBEING SERVICE
(2024/25)**

**MENU OF OPPORTUNITIES:
ACTIVITIES & INTERVENTIONS**

KEY INFORMATION & CONTENTS PAGE

KEY INFORMATION

Owing to your school's affiliation to the Schools Health & Wellbeing Service, your school is entitled to access ONE FREE* in-school activity/intervention from this menu of opportunities. These activities/interventions have been split into the following categories; Physical Activity, PSHE, Emotional Wellbeing, Healthy Eating and Staff Wellbeing. Once you have used your free entitlement you are able to access further activities/interventions, so please feel free to request more than 1 activity, additional requests cost £150.00, although some activities do carry a surcharge.

*Please note some activity and interventions do carry a surcharge and are highlighted in this document.

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PHYSICAL ACTIVITY



CHANGE 4 LIFE ACTIVATORS

A Change 4 Life (C4L) Activator will lead a C4L Sports Club over a 6 week period (1 hour per week). A C4L Sports Club aims to deliver the principles and specific skills from a range of Olympic and Paralympic sports and place them in a fun, welcoming, vibrant and exciting activity club giving young people the confidence and competence to take part in lifelong physical activity. This club is suitable for children of all ages.

Our Change 4 Life Activators (coaches from All Stars) have received training and a scheme of work from a YST Tutor and a club will consist of the following:

- Multi-sport activities inspired by Olympic and Paralympic sports
- Encourage competition and lifelong participation
- Increases self esteem and conveys health messages
- Encourage pupils to undertake regular exercise



CREATIVE DANCE CENTRE - DANCE BLAST

Creative Dance Centre's, Dance Blast aims to get young people active and having fun. Dance Blast is a fun, fitness-based dance class for Key stage 2 taught through a variety of dance routines using a range of dance styles and music.

A class which is guaranteed to be a lot of fun helping to develop physical fitness, coordination, flexibility, and movement memory whilst giving young people the chance to build their movement vocabulary in a variety of dance genres.

Delivery Options:

The format of your session can be tailored to your needs, e.g. it can be delivered as a half day one off session to 3 different classes or as a progressive weekly activity (3 weeks - 1 hour per week).

This offer can also be delivered virtually. You will be sent 3 x pre-recorded sessions to play to a class of your choice.

PHYSICAL ACTIVITY



B OUTDOORS

B Outdoors are an Outdoor & Adventurous organisation and they can offer a half day (AM or PM) orienteering session for your school. This will consist of:

Mapping - Initial mapping session (either undertaken remotely or via a school visit – in line with school preference).

Classroom Support - Provision of classroom resources to support school staff in preparing pupils for the practical session (e.g. map reading etc.). Content for 1 hour session with suggestions for extended activities.

Practical Session – Setup of 'pre-mapped' orienteering course on school site (in line with RA and ind. school requirements).

Work with 2 x classes to complete the course and any associated activities (maps to be printed by the school in advance. School to provide all 'pupil specific' equipment, e.g. clipboards, pencils etc.)



SKIPPING SCHOOL

Option 1: Whole School Skipping Day

A fun-filled day of skipping for every pupil in school (30 minute sessions per class group). Class based sessions include a mixture of age/ability appropriate individual and partnership skills including long rope games.

As part of this package you will also receive a FREE box set of new skipping ropes and 2 pairs of 4-metre long beaded playground ropes for playground activities and/or PE equipment purposes.

In addition to the day long delivery of 30 minute skill workshop sessions, schools can opt to benefit from a 60 minute Staff CPD session (3.30pm to 4.30pm) to show how sustainability can be achieved.

*This opportunity carries a £125 surcharge for single form entry schools - a higher surcharge will be applied to 1.5 and 2 form entry schools. Format and timings are flexible.

Option 2: Play Leaders Tuition Session - Afternoon Session

Staff will work with a group of young leaders in your school. There will then be a show and share at the end of the day. There is also the option to access a box of ropes or staff training at the end of the day.

EMOTIONAL HEALTH & WELLBEING



RELAX KIDS

Relax Kids is a programme for children of all ages, which follows seven steps to help children move from a high energetic state through to deep relaxation. The steps are Move, Play, Stretch, Feel (Massage), Breathe, Believe, and Relax. All sessions follow these steps and can be adapted to follow a theme which is age appropriate and links in with the needs of the children.

Relax Kids can particularly benefit those children with anxiety, difficulty controlling their emotions or those lacking confidence. Ideally sessions will take place in a hall or cleared classroom where the children have room to move, and lie down at the end of the session.

Relax Kids offer the following levels of support:

A full day, consisting of 5 x 45 minute sessions, 3 in the morning and 2 in the afternoon. Each session can include a maximum of 12 children in the same year group or mixed key stage 1 OR 2*.

*Age groups need to be communicated in advance to ensure age appropriate sessions are planned.

*This opportunity carries a £45 surcharge

52 LIVES - SCHOOL OF KINDNESS

Our Kindness Workshops are a brilliant way to teach children in your school about one of the most important things in the world – KINDNESS!

The workshop is interactive, and children will be asked for their input regularly by our engaging and enthusiastic facilitators. There are three parts to the workshop:

Part One: Interactive Presentation delivered to as many classes as you wish (approximately 45 minutes)

During this part of the workshop, children will be taught:

- What kindness is and why it is important
- What the qualities of kindness are
- Some real examples of kindness in action
- The definition of empathy and why it is a superpower
- The physical and mental health benefits of kindness, both to ourselves and to others (based on science)

Part Two: Kindness Challenge Time (approximately 45-60 minutes)

This can involve a play break for the children depending on your school timetable

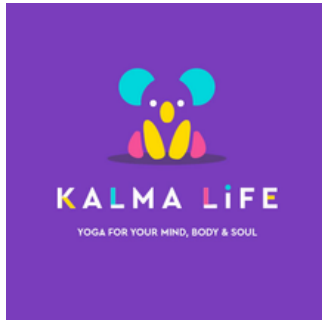
Part Three: Debrief (15 minutes)

After completing their Kindness Challenge, children will return to the hall, bringing their creations with them if they wish. The facilitator will celebrate their achievements, find out who children made things for and talk about the impact their kindness will have. We conclude the workshop with an important quote and brief discussion on how kindness can change the world.

This workshop takes 2 hours and is appropriate for children in Year 1-6



EMOTIONAL HEALTH & WELLBEING



HEALTHY MINDS PROJECT

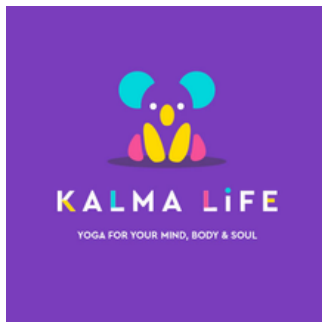
Healthy Minds Project sessions are interactive, physically engaging and fun for children. Each child will receive a certificate on completion and will have worksheets and resources included to take away, supporting their learning. This course utilises widely known principles and techniques used in mental health forums such as MIND and the NHS, providing accessible and memorable sessions to support mental health through mindfulness and yoga teaching children about the 5 principles of well-being. Connect, Learn, Exercise, Acts of Kindness, Notice.

Outcomes

- Tools to manage anger
- Challenging negative self-beliefs and self talk
- Coping with stress
- Learning to relax, My safe space and Guided Imagery
- Improve resilience

Healthy Minds Project is delivered via 6 X 1 hour workshops, delivered to 1 class.

*This opportunity carries a £150 surcharge.



WONDERS OF WELLNESS

Wonders of Wellness brings together yoga and mindfulness in a fun, engaging course learning about our feelings, what happens when they are overwhelming, friendship/building relationships and feeling lonely along with the importance of sleep and doing activities that make us feel happy to maintain our mental health and wellbeing plus much more.

Activities/Topics this programme covers:

- Feelings Jar - Helping and encouraging children to understand feelings and controlling them.
- Anxiety - Physiological and psychological symptom recognition.
- Loneliness and change - Encouraging discussion of openness, reduced isolation, and change modelling.
- Teamwork/building relationships - Increasing sense of being, improved support networks and anti-bullying
- Balance - Both physical and emotional.
- Sleep promotion - Teaching progressive muscle relaxation and sleep hygiene.
- Happiness for wellbeing - Teaching stress vulnerability model, positive affirmations, mantras and self-love.

Wonders of Wellness is delivered via 6 X 1 hour workshops, delivered to 1 class.

*This opportunity carries a £150 surcharge.

HEALTHY EATING



COOKING 4 LIFE

A Cooking 4 Life Food and Fitness experience is designed to help your children understand various areas of nutrition including:

- What calories are
- The effect of too many calories,
- How to manage calorie intake,
- Understanding carbohydrates,
- The benefits of exercise and good ways to exercise. Your pupils will be taking part in physical activity while learning about nutrition

This activity will take place over a half day at your school and it will be an active assembly where pupils watch some cooking and take part in some physical activity as well.

This can be for a whole class and this requires enough space for the children to be able to move around e.g. in your school hall while they are watching the session content.

STAFF WELLBEING

A graphic with a dark background and a forest scene. The text 'YOUR Wellbeing & Building Resilience' is written in white and blue. Below it, the tagline 'Are you taking a moment to think about you?' is written in a smaller white font.

YOUR Wellbeing & Building Resilience

Are you taking a moment to think about you?

YOUR WELLBEING & BUILDING RESILIENCE

Your Wellbeing & Building Resilience is an activity/intervention focused for School staff.

How resilient we are relies on three things - our emotions and how we manage them, how organised we are, and how physically prepared for life we are.

As part of this session, we'll explore how doing well in these areas improves our wellbeing and our productivity.

Specifically, we will look at the physical 'pillar' of our resilience and consider what getting this 'right' looks like. We will then explore how this 'pillar' of our resilience enhances other areas like our emotional and mental well-being and our ability to be organised and effective pilots of our lives.

This opportunity can be booked as a whole school staff training and the session lasts approximately 1.5 hours.

HOW TO BOOK YOUR ACTIVITY/INTERVENTION

HOW TO BOOK YOUR ACTIVITY/INTERVENTION

To book your free activity/intervention please complete the expression of interest form that can be accessed [HERE](#). You can access your free activity/intervention at any point during this academic year but please be aware that all bookings are made on a first come, first served basis. Therefore, to avoid any disappointment we advise booking your activity/intervention as early as possible.

Once you have completed your expression of interest form a member of the team will be in touch to make the necessary arrangements.

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