

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

Subject: Healthy Lifestyles

Date: January 2020

Issue: No. 12

Essex Child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical health, social, emotional 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 information and resources to schools, communities and 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 healthy lifestyles to celebrate the New Year and to support [Dry January](#). Many of us make healthy lifestyle New Year plans, such as exercising more, only to find that they are soon forgotten or not achievable. To ensure that any planned improvements to your lifestyle are maintained the NHS have 10 top tips to make your [New Year's resolutions](#) a success. It includes:

- Make only one resolution
- Avoid previous resolutions as this may bring disappointment
- Break it down into small steps that are achievable
- Tell friends and family so that you get support

Family wellbeing

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

Join [Change For Life](#) for some great games and recipes to help you all keep healthy this year. We particularly liked the [Frozen](#) inspired 10 minute game of 'Elsa's freeze tag'.

As parents we make an effort to offer our children healthy meals and snacks but it can be frustrating if they refuse to eat them. The NHS have some great tips for [fussy eaters](#):

- Offer your child the same food as the rest of your family
- Don't leave meals until your child is too hungry or too tired to eat
- Your child may be a slow eater, so be patient

It can get confusing when there is so much conflicting nutrition advice for families so take a look at the clear information on [get to grip with food labels](#) to help you. There is also a handy and fun food scanner app that you and your children can use when shopping.

Make sure you follow your local Essex and Child Family Wellbeing Service on Facebook to find out about all of the great activities they run in your local [Family Hubs and Delivery Sites](#). For example, Colchester Berechurch Family Hub have 'Move it Mondays' activities for all of the family.

Use the Sleep Council's interactive bedroom to find out what could be helping or hindering your [teenagers sleep](#). Make sure you are also getting enough sleep yourself and if you need inspiration try the [30 day better sleep plan](#).

According to the Alcohol Education Trust the average age a child will have their first whole alcoholic drink is between 13 and 14 years. It's important to talk to them before this age to help them to understand units and the effects of alcohol. Click [here](#) for further information.

References

Please use these references to further your reading and find out more information:

1. Alcohol Change UK (2019). Dry January. Available at: <https://alcoholchange.org.uk/get-involved/campaigns/dry-january>
2. NHS (2019). 10 Tips to Make your New Year's Resolution a Success. Available at: <https://www.nhs.uk/live-well/healthy-body/10-tips-to-keep-your-new-years-resolution/>
3. Change for life (2019). Fun ideas to help your kids stay healthy. Available at: <https://www.nhs.uk/change4life>
4. Change for life (2019). More shake up games. Available at: <https://www.nhs.uk/10-minute-shake-up/shake-ups?filter=frozen#shakeups-hub>
5. NHS (2019). Fussy Eaters. Available at: <https://www.nhs.uk/conditions/pregnancy-and-baby/fussy-eaters/>
6. Change for life (2019). Food labels. Available at: <https://www.nhs.uk/change4life/food-facts/food-labels>
7. Essex Child and Family Wellbeing Service (2019). Family Hubs and Delivery Sites. Available at: <https://essexfamilywellbeing.co.uk/service/healthy-family-service/family-hubs/>
8. The Sleep Council (2019). Teen Sleep. Available at: <https://sleepcouncil.org.uk/teen-sleep/>
9. The Sleep Council (2019). 30 Day better Sleep Plan. Available at: <https://sleepcouncil.org.uk/30-day-better-sleep-plan/>
10. Alcohol Education Trust (2019). The Right Message for the Right Age. Available at: <https://alcoholeducationtrust.org/parent%20area/the%20right%20message%20for%20the%20right%20age/>

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

