



Oakmeadow CE Primary School

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Friday 14th January 2022

Dear Parents, Carers and Guardians

On Monday, we are excited to be launching *The Children's Health Project* at Oakmeadow, working to improve health and wellbeing for all of our children. We have big plans for how this project can help us provide for all Oakmeadow pupils and educate them in how to lead a happy and healthy life, both now and in their futures.

Fundamentally, our goal is for all children to have respect for their bodies, have the knowledge and confidence to make sustainable healthy choices, and have a true understanding of why it is important to be healthy. Our focus is on combining elements of the National Curriculum – in PE, Science, PSHE and Cooking and Nutrition to teach an overall Health and Wellbeing Curriculum, leading an ethos of holistic health within school. We would like our children to learn to talk about 'health' in the positive, preventative sense, and combine their understanding of movement, nutrition, lifestyle and mindset – these make up the 4 pillars of health - in order to find a sense of wellbeing, whilst managing health challenges, and eventually discover a way to improve their health literacy and make healthy choices.

Healthy Movement

Everyone wishes to live a long life, full of adventure and activity. To truly value our amazing bodies, not for how they look, but for the incredible things they are capable of, brings pleasure to this adventure and activity. Someone who cherishes their physical health will have a deep understanding of how their body works. They will listen to their body, respond to how it feels, and learn from their daily movements. In respecting their body like this, they will develop a confidence to try new things, a commitment to self-care, and a competence to master any movement they choose. Our physical journey through life will have its highs, and its lows, both impacting on our emotional wellbeing. To steadily scale the mountain of life, we will depend on motivation, resilience and fortitude. Providing all children (of any age) with the opportunity to play and explore, lays the foundation for this life of adventure. Building on their love of movement, with specific teaching of basic movement skills, in a

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variety of environments, develops confidence in their body's abilities. Fostering a love of movement, and a respect for their abilities, drives them to learn more about their bodies. Truly understanding

their bodies, encourages a life-long commitment to participation and the motivation to enhance their life with healthy activities. Later, this has an impact on future generations, and if we do this well, a world where everyone moves competently and proficiently, with no end goal in sight. We aim to supplement our physical education offer, broadening the skillset of our children and teachers, and deepening the children's value and desire for kinetic activity.

Healthy Eating

A nourished body feeds achievement, attainment, satisfaction and happiness. Athletes cannot achieve greatness without invigorating their bodies with the nutrients they require, just as a child cannot thrive without a varied, nutrient dense diet. Unfortunately, in our modern world of convenience and immediacy, it is easy to lose sight of the basic human needs, and it's having detrimental consequences. Through the project, we aim to educate our children of the importance of fuelling diets with natural, highly nutritious food and drink, which tastes great, is hardly processed and offers a broad spectrum of vitamins, minerals and antioxidants which offers vitality. If we can supplement nourishing diets with deep learning, of which foods and drinks will fulfil their needs, why they are good for them and how they will impact their bodies, our children are more likely to develop a healthy relationship with food and make healthy choices that fuel their adventurous lifestyles.

Healthy Habits

To thrive with a healthy lifestyle, we need to adopt daily healthy habits. Many see these habits as the thread that runs through an overall sense of wellbeing. We have been taught from an early age that these habits will impact our zest for life - sleep, hydration, fresh air, laughter - all should play a part in our recipe for a long, fulfilling life. Unfortunately, in our busy lives, we find these practices a challenge. They become our reaction to ill-health, rather than preventative measures which can enhance our everyday lives. For children, health becomes achievable and less daunting with simple daily habits, and these lifestyle choices may form the key to complete wellbeing. By combining habits such as hobbies, routine, laughter, moderation and abundance with healthy eating, movement and thoughts, we create a health ecology so strong, our children could flourish, despite modern health disruptors. Our Healthy Habits learning will encourage more interaction with the natural environment, giving our children an opportunity to reflect on their daily actions, and the tools to upgrade their health and wellbeing.

Healthy Thoughts

Most of the world's top achievers, in any discipline, demonstrate a deliberate drive to improve, a practised resilience in the face of adversity and value their own self-care highly. Their recognition of the importance of mental wellbeing is as distinct as their need to be physically healthy and fit. As teachers, we are striving for the best for our pupils, desperately juggling the need for them to achieve in all curriculum areas, but also to feel excited by learning, and the journey of life they have just begun. Mental and emotional wellbeing stands out as the driving force behind attainment and achievement: learners cannot achieve their best without feeling their best. In our busy, stressful world, we should be teaching our pupils to find enjoyment in drive and ambition, joy in success, and resilience in challenge. If they can develop strategies to plan an exciting future, work towards it by learning new skills, learn from their mistakes and any barriers they are faced with, success will seem

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Being part of the Children's Health Project is extremely exciting for us as a staff at Oakmeadow, and we can't wait to get started on learning about the four pillars of health with our children. We fully believe that this will drive our school ethos forwards for years to come as we create a happy and healthy community for all of our members. This is just the start, and we have big plans for how this will be developed in our whole school environment, including at break and lunchtimes. Keep your eyes peeled on Seesaw and social media this week as we share all of the initial learning we will be doing!

Children's Health Ambassadors

