



PLEASE FORWARD TO ALL TEACHING STAFF AND TO PARENTS WHERE APPROPRIATE

The Healthy Lives Team Families update contains helpful information and activities for your whole school community

The **HEALTHY LIVES TEAM** supports schools, pupils and families with everything to do with health and wellbeing. We want to help you live fitter, healthier and happier lives.

We have a [Healthy Lives Team webpage](#) where you can find out more about the team and access Healthy Schools resources and all our archived newsletters.

If you would like further support or details, please contact Kate Smith, Head of Healthy Lives, at kate.smith@towerhamlets.gov.uk.



Go Fizz Free in February

There are so many benefits to giving up fizzy drinks and research from 2020 found that living with excess weight puts people at greater risk of serious illness from COVID-19. So now is the time to **#gofizzfree!**

- Drinking just one 330ml can of fizzy drink a day could add up to over a stone weight gain per year. (Source: GULP)
- Tooth decay is the leading cause for hospitalisation among five to nine year olds in the UK, with 26,000 children being hospitalised each year due to tooth decay – in other words, 500 each week. (Source: Action on Sugar).
- You can save £438 a year if you stopped drinking one bottle of soft drink per day for a year. (Source: GULP)

We know that children are more likely to repeat behaviour that earns praise or encouragement, so how about getting your whole class or family to do it together, where you can all praise and encourage each other.

Use the 2021 Fizz Free calendar to tick off every day you have stayed fizz-free.

[Download calendar >](#)



Online sessions for parents on raising resilient children

Raise Resilience is supporting parents to help their children now and beyond the pandemic. Join six 1-hour sessions to explore and build your resilience and get learning materials for your children. The sessions are free for parents who live or work in London.

[Book now >](#)



FREE February wellbeing training Sleep and mental health session (staff and parents)

Thursday 11th February from 10-11am

The Healthy Lives Team will be hosting a free online webinar which will provide practical, easy to understand knowledge about sleep, interesting facts and a range of strategies and tips to take away and apply that very same evening! The webinar will cover topics such as the importance of sleep, identifying barriers to sleep, sleep cycles, routines and much more.

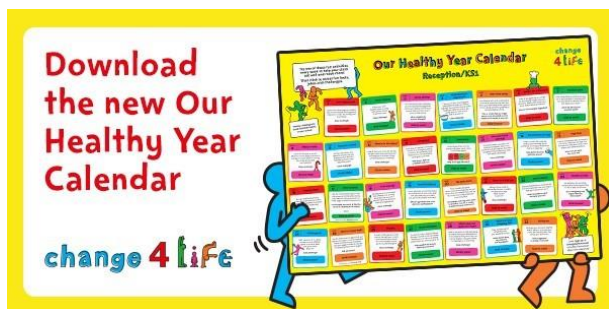
Please email sultanax.begum@towerhamlets.gov.uk to book your place.

Suicide prevention session (staff only)

Wednesday 10th February from 11.30am – 1pm

PAPYRUS/Thrive LDN will be hosting a free webinar for school staff. Through open and honest talk, the session aims to increase awareness of the prevalence of young suicide and aims to break stigma and taboo surrounding suicide. The session will encourage participants to consider the question 'should we talk about suicide?', uncovering attitudes and beliefs around this question in order to shatter the stigma that can surround suicide.

[Book now >](#)



Healthy year calendar from Change4Life

Change4Life have introduced these Healthy Year Calendars, for Reception/KS1 and KS2. They can support young people to build healthier habits during this year.

The flexible, downloadable calendars can be used in the classroom or via remote learning to inspire pupils to eat well, move more, and be mindful of their wellbeing, wherever they are.

The Better Health campaign for teachers and staff has free tools to support positive behaviour change, including healthy lifestyle discount offers, top tips and a list of apps that can support them on their journey to better health.

[Reception/Key Stage 1 calendar >](#)

[Key Stage 2 calendar >](#)

[Better Health campaign >](#)



Kindness activity pack by the British Red Cross

This pack by the British Red Cross includes activities for five to 15 year olds based around kindness, coping, recognising feelings and learning new skills. The pack encourages children to do small acts of kindness each day, which can help to cope with challenges and change.

The pack includes a kindness calendar; creative activities such as colouring; coping strategy activities; an emotion tracker and activities to help keep us connected.

[Download activity pack >](#)



Free virtual workshops for young people in Tower Hamlets from Safe East

Safe East is the integrated substance misuse and sexual health service for young people in Tower Hamlets aged 10-19 (up to 25 for SEND and LAC).

Topics covered in training include:

- Healthy and unhealthy relationships
- Relationships and emotions
- Sexually transmitted infections
- Contraception
- Drugs
- Cyberbullying
- Puberty
- Alcohol
- Smoking

Please contact Abdullah Junaid on Abdullah.Junaid@COMPASS-UK.ORG or phone on 07881 020 165 for a booking form or more information.

And remember...



"We need to do a better job of putting ourselves higher on our own 'to do' list."

Michelle Obama



The Healthy Lives Team

The Healthy Lives Team want to support you with all aspects of health and wellbeing. We send regular newsletters that are relevant whether you are at school, work, or at home.

Please feel free to share this email.

We are incredibly proud in Tower Hamlets to have supported schools to gain more Healthy Schools awards than any other borough in London. So please use this newsletter in whatever way suits you best to stay as fit and healthy as possible and please share this newsletter using your social media or website using the following **share** button, or you can click the hyperlink in the top right corner of this email:

