



St Martin-in-the-Fields High School for Girls

11-19 Church of England Academy Founded 1699

Service Compassion Justice Perseverance

5th January 2018

Dear Parent/Carer,

Teenage HEALTH AND WELLBEING programme

I am writing to tell you about a new and exciting Health and Wellbeing programme being delivered at St. Martin's in January 2018.

The programme aims to provide your daughter with knowledge and information to help her create long lasting healthy lifestyle habits.

The programme will be provided by qualified nutritionists and physical activity instructors from the Mytime Active team who have been commissioned by the Lambeth Council Healthy Lifestyles Team. The Mytime Active Team will offer 10 weeks of healthy eating and physical activity sessions during curriculum time and will start week beginning the 8th of January. Some of the topics that will be covered include:

- Techniques to support behavioural changes
- Portion control
- Practical cooking sessions
- Understanding Food Labelling

During the programme the team will carry out healthy-growth checks where your daughter will have their height, weight, and waist circumference measured. In addition, we will be asking the group to fill in a questionnaire about eating and exercise habits. All data collected will be stored **confidentially** on paper and electronically on a secure database, and will be held in accordance with the Data Protection Act and NHS Information Governance. Data will be shared **anonymously** with the commissioning organisation for the purposes of evaluation, service development and research.

To help you support your daughter through this programme we have outlined some of the content of the sessions and the ways in which you can help on the next page of this letter. There will also be a parent information session which will be held during week beginning the 28th February. Further information about the parent session will be sent to you closer to the time.

As this programme will be temporarily replacing the PE lessons we will be assuming all young people in years 8 and 9 will be participating. As such, the school will provide Mytime Active with relevant medical information where appropriate. If you do not wish your daughter to participate or do not want Lambeth Council or Mytime Active to take photographs of your daughter (no student names will be identified in the pictures) please let me know soon as possible. If you have any other questions please do not hesitate to contact me and I will be happy to discuss the programme with you.

Yours Sincerely,

Suzanne Poole
Deputy Headteacher

Headteacher Mrs Beverley Stanislaus B.Ed. NPQH

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WITH LOVE AND LEARNING

Some strategies to consider at home which may support your daughter to become fitter, healthier and more confident are as follows:

- Please come to the parent's sessions and/or read the handouts sent.
- Notice when your daughter is making healthy choices.
- Include your daughter in grocery-shopping, meal-planning, cooking and serving. Encourage her to share and apply knowledge she has gained from the programme when doing so.
- Limit the amount and range of unhealthy foods stored at home to reduce temptation
- Plan healthy snacks for school and outings in advance
- Encourage your daughter to participate in physical activity. Join her where possible. Some examples include walking instead of driving and doing a DVD or YouTube dance or fitness workout routine together.
- Limit how much cash you provide her to buy unhealthy foods when she is away from you, for example, when she is traveling to and from school.
- Support your daughter to pursue hobbies and interests that will engage her

The sessions are as follows:

1. Intro and Self-Efficacy
2. Body & Health
3. Practical cooking session (Refined & Unrefined) / Sugars and Fats
4. Barriers to Physical Activity and Everyday PA
5. Food Labelling & Supermarket tour (details to follow)
6. No Gym / No problem (circuits), Signposting & SMART Goals
7. Food Hygiene, Portions Sizes
8. External Triggers
9. Internal Triggers
10. Good Things about Me, what next, post programme questionnaires