

ARE YOUR SCHOOLS UP FOR THE CHALLENGE?



Hello, my name is Cait Hall and I am the Youth Programme Director and Health Editor for the NHS Sport and Physical Activity Challenge.

I would like to invite school children aged 4-11 in your boroughs to participate in our upcoming Sport Challenge.

The Challenge looks at all aspects of health in the community with a keen focus on empowering children and preventative health in the areas of physical, nutritional and emotional health.

The Challenge has various elements. Initially we ask the children to complete our 12 Healthy Challenges. Each challenge contributes to better physical, emotional or nutritional health. This starts them thinking about their health and because we ask them to take it home, family involvement in the challenge can occur.

For this aspect of the challenge we provide an information pack detailing the background to each challenge. The information pack provides an opportunity for teachers to discuss the Challenges briefly as to why they are important with a major focus on encouraging completion of all 12 Challenges.

We advise running this Challenge across a school week. We also combine the health challenges with a fundraiser which would be funds raised for each school. The children simply take home a sheet of fun health challenges and are sponsored for completing each one. As a thank you each child receives a Healthy Kit.

We are currently working with schools and youth organisations throughout the UK on similar campaigns.

We have several sporting ambassadors including Olympic athletes who support our activities and are available to participate in the campaign. As discussed, there is no cost to you or any of the children taking part.

I do hope this is something you would be keen to be involved with.



Please contact Cait Hall cait@healthystaff.org.uk or telephone 07478732166 for further details and to register your school