



AMAVEN

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Wellness Kickstart Day Guide

This is your guide to the launch event for the Healthy Schools Programme that is due to take place at your school. It outlines the purpose of this FREE event and its benefits for schools committed to achieving a Healthy School Status.



Wellness Kickstart Day Schedule

8:30 am	Health Mentor meets with headteacher and PE Coordinator
9:00 am	Active Assembly with 'Rise & Shine' activity session (whole school)
9:30 am	Active Assessment (physical literacy assessment with PE CO's class)
10:30 am	Break time
10:45 am	Active 'Wellness' lesson (PE Coordinator's class)
11:30 am	Early Years PE lesson
12:00 pm	Break for lunch
1:00 pm	Active 'Wellness' lesson (year 3 class)
1:45 pm	Active 'Wellness' lesson (year 4 class)
2:30 pm	Active 'Wellness' lesson (year 5/6 class)
3:15 pm	Debrief with headteacher and PE Coordinator



What is a Wellness Kickstart Day?

A Wellness Kickstart Day is a **free** event delivered at your school by our Health Mentors. It introduces staff and pupils to the Amaven Healthy Schools Programme via a guided timetable of learning activities, workshops, CPD sessions, skills assessments and more.

The event runs for one school day and gives teaching staff an opportunity to experience programme resources first hand. It provides instruction on accessing all Health and Wellbeing resources, maximising their impact, delivering PE assessments, generating impact reports and making Health and Wellbeing learning a central part of your school's culture.

After Wellness Kickstart Day, your school will have the following:

- ✓ 12 Month Health & Wellbeing Strategy
- ✓ Daily Activity Goals (30mins in school & 30mins at home)
- ✓ Extensive Library of Health & Wellbeing Resources
- ✓ Advice and Training from Amaven's Health Mentors
- ✓ Tutorials on Using Portal Resources
- ✓ Introduction to Wellness Concepts



The success of Wellness Kickstart Day is dependent on engagement from teaching staff and pupils.

Please ensure your teachers and pupils are ready to participate in the event. Don't forget, some classes will need to bring PE kits.

What Happens on Wellness Kickstart Day?



Meeting with the Headteacher/ PE Coordinator

The day begins with a brief meeting (20 mins) between our Health Mentor, the headteacher and PE and PSHE leads. It introduces Wellness Kickstart Day and the building blocks of healthy living – nutrition, physical activity, healthy habits and mindfulness – as well as answering questions about scheduled activities.

As portal managers, the headteacher and PE Coordinator are our Health Mentor's primary contacts during the visit.



'Get Active' Assembly

After meeting with senior staff, the Health Mentor hosts an active assembly for all available classes. Capacity depends on the size of school facilities. The assembly includes a Rise & Shine activity session to energise pupils and demonstrate easy ways to 'activate' the school day.



Active Assessment w/PE Coordinator's class

With guidance from our Health Mentor, your school's PE Coordinator will lead their class in a physical literacy assessment. PE assessments are a valuable tool in the fight for better health through movement. So, this is a great opportunity for PE Coordinators to improve the planning, delivery and recording of assessments.

The results from this PE assessment will be used to generate your school's first Impact Report and baseline for physical literacy.





Active 'Wellness' Lessons

Throughout the day, the Health Mentor will host a series of active lessons based around healthy habits, healthy eating and personal wellbeing. Please pick one class from each year group to take part in these interactive sessions. The PE Coordinator's class will participate in the first active lesson of the day.

Active lessons involve props, dynamic games and 'out of seat' activities to engage pupils in learning about healthy lifestyles.



Early Years PE Lesson

The Early Years PE lesson gives EYFS teachers an opportunity to work with resources specially developed for younger children by our in-house expert. Using a storyboard provided by the Health Mentor, pupils will learn about Fundamental Movement through the adventures of Bertie Bunny and his farmyard friends.

Storyboards include activities to support movement, literacy, art, language, PSE, and mathematics learning.



Debriefing with the Headteacher/PE Coordinator

As pupils leave for the day, our Health Mentor will reconvene with your headteacher and PE and PSHE leads. This brief meeting is a chance to discuss the day's events and ask any final questions about next steps, portal management and programme resources.

Teaching staff are encouraged to seek advice from our Health Mentor on the day. However, further questions can be directed to our customer service team at support@amaven.co.uk



Questions?

If you have any questions about this Healthy School Programme or the Amaven system, please contact our team.

You can call us on 0161 300 9172 or email us at info@amaven.co.uk.

We're always happy to help.



Twitter: [@myamaven](https://twitter.com/myamaven)
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Phone: 0161 300 9172
Fax: 0161 820 7959
Email: info@amaven.co.uk

1st Floor, Building 24, The
Boatshed, Exchange Quay,
Salford, M5 3EQ