



AMAVEN

MOVE • PLAY • LIVE

PRIMARY SCHOOL HEALTH & WELLBEING ACTION PLAN

We are pleased to welcome your school to the Amaven Healthy Schools Programme. The programme is designed to support all schools aiming to improve the health, wellbeing and physical development of their pupils.

We are passionate about empowering teachers and giving them the training and tools to help all their pupils grow into active, confident and healthy adults.



AMAVEN AIMS TO DELIVER THE FOLLOWING OUTCOMES FOR YOUR PUPILS:



Improve health and wellbeing



Improve academic attainment



Increase participation in PE and sport



Improve confidence and self-esteem



Improve mental and emotional health

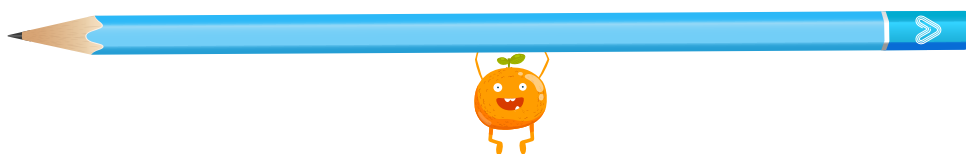
We cover the five main areas of health and wellbeing and have ensured this programme is easy to implement in your school:





YOUR ACTION PLAN

- ☐ Amaven to deliver a Wellness Kickstart Day as per the schedule below
- ☐ All teachers to be trained to use the resources provided by Amaven
- ☐ Ensure children are active for a few minutes during every lesson
- ☐ Deliver regular Health and Wellbeing assemblies
- ☐ Ensure pupils are assessed each term to measure impact and report progress
- ☐ Encourage parents and pupils to be active at home using Home Activity videos
- ☐ Send parents a school wellness e-shot every fortnight (content provided by Amaven)
- ☐ Create a wellness board (print and use resources supplied by Amaven)
- ☐ Create and foster a Healthy Pupils Leadership programme (Amaven to supply training videos)



WELLNESS KICKSTART DAY SCHEDULE

- 8:30 am** Health Mentor meets with Headteacher and PE Coordinator
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- 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** Early Years Session
-
- 11:15 am** Active 'Wellness' lesson (PE Coordinator's class)
-
- 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



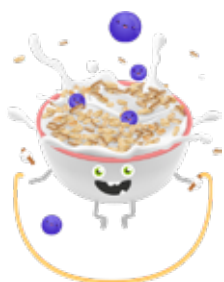
YOUR GUIDE TO HEALTH AND WELLBEING FRAMEWORK

PHYSICAL HEALTH



Public Health England guidelines recommend that children engage in moderate to vigorous physical activity for at least sixty minutes every day and minimise the amount of time they are sedentary.

Your membership to the Amaven Healthy Schools Programme will help you meet and adhere to these guidelines by simply allowing 5 minutes at the beginning of each lesson to either energise, refocus or calm the children. Our aim is to make more of your curriculum active.



HEALTHY EATING

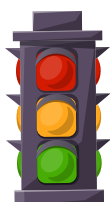
The importance of healthy eating and making positive food choices cannot be underestimated. All the healthy eating resources are linked to the Eatwell Plate. Simple but powerful messages are embedded into the activities, such as identifying sugars, eating more fruits and vegetables and bringing a water bottle to school. These key resources will help your school deliver impactful teaching on healthy eating and set a great foundation for each pupil.



MENTAL AND EMOTIONAL HEALTH

As stated by Public Health England, it is widely recognised that a child's emotional health and wellbeing influences their cognitive development and learning, as well as their physical and social health and their mental wellbeing in adulthood.

Many of the resources provided by Amaven support mental and emotional health. Children don't need to be suffering with poor mental health to benefit. They may need extra support to understand their feelings or manage life experiences such as divorce or new siblings.



SAFETY

Children need to be taught specific knowledge, skills and understanding to allow them to stay safe in any given situation.

Amaven resources help schools prepare children and young people for the world outside school, both now and in the future, by covering areas such as road safety, fire safety and internet safety.



RSE

Children need to learn about the emotional, social and physical aspects of growing up and developing positive relationships. The resources provided by Amaven support delivery of requirements in the RSE curriculum due to become statutory in 2020.

QUESTIONS?

If you have any questions about the Healthy Schools 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.



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