

### National resources to encourage healthy eating, physical activity, good oral health and wellbeing

- Curriculum linked teaching resources are available on the School Zone. These include resources for head teachers, and their teams to help teach pupils about healthy lifestyles. It includes ideas for whole school activities to encourage eating well and moving more, as well as suggestions for keeping teeth and gums healthy and for engaging parents. Teachers can subscribe to the School Zone to keep up to date with new mental wellbeing and healthy lifestyle materials. The School Zone also offers lesson plans for year 6 and key stages 3 and 4 to support the relationships, sex and health education curriculum and enable teachers to support the wellbeing of students. [School Zone | Campaigns | Campaign Resource Centre](#)

### National resources to encourage healthy eating

- **NHS Food Scanner app:** teaching resources to help pupils explore what is in their food and drink and swap unhealthy foods that are high in saturated fat, sugar and salt, to healthier choices as part of wider lessons on healthy eating. The app is free to download: [School Zone | Campaigns | Campaign Resource Centre](#)
- **Healthy Steps – guidance for schools:** Guidance for schools to support delivering a whole-school approach to healthy eating and supporting families: [School Zone | Campaigns | Campaign Resource Centre](#)
- **Standards for school food in England - GOV.UK (www.gov.uk):** guidance on the standards for planning and providing food in schools [Standards for school food in England - GOV.UK](#)
- **School food standards: resources for schools - GOV.UK (www.gov.uk):** resources to help schools plan and provide healthy food in schools [School food standards: resources for schools - GOV.UK](#)
- **Creating a culture and ethos of healthy eating:** supporting pupils to gain knowledge of how to keep themselves healthy and making informed choices about healthy eating and fitness: [Creating a culture and ethos of healthy eating - GOV.UK](#)
- **Free school meals: guidance for schools and local authorities:** Guidance for schools and local authorities about providing school meals including information on free school meal eligibility: [Free school meals: guidance for schools and local authorities - GOV.UK](#)
- **The Eatwell Guide:** a visual tool which summarises government recommendations on eating healthily and achieving a balanced diet: [The Eatwell Guide - GOV.UK](#) The **Eatwell Guide image** and **Eatwell Guide booklet** are included in the list of resources.

- **Let's Get Cooking: Learning Network:** a hub of information about providing healthy children's food offering 15 training courses for schools and caterers related to improving food for children: [Let's Get Cooking - British Dietetic Association \(BDA\)](#)
- **School Food Policy. Connects Food:** a resource to support primary schools develop their whole school approach to food [School Food Policy | Connects-food](#)

### National resources to encourage physical activity

- **What works in schools and colleges to increase physical activity:** a resource for head teachers, staff working in education settings, school nurses, directors of public health, county sports partnerships and wider partners. An overview of the evidence and local examples about what works in schools and colleges to increase levels of physical activity in children and young people: [What works in schools and colleges to increase physical activity - GOV.UK](#)
- **Active Mile Briefings:** provides information about the evidence on active mile initiatives, ideas for how to implement them and examples of practice. It recommends that schools deliver at least 30 minutes of the recommended daily 60 minutes of moderate to vigorous physical activity for children: [Active mile briefings - GOV.UK](#)
- **School Games:** inspiring millions of young people across the country to take part in appropriate competitive school sport: [Your School Games - Your School Games](#)
- **Physical activity guidelines for 5 to 18-year-olds:** Chief Medical Officer's physical activity guidelines infographic for 5 to 18-year-olds: [Physical activity guidelines: children and young people \(5 to 18 years\) - GOV.UK](#)
- **Physical activity in disabled children and disabled young people evidence review and physical activity infographic:** Chief Medical Officer's guidelines on physical activity for disabled children and young people: [Physical activity guidelines: disabled children and disabled young people - GOV.UK](#)
- **The Daily Mile:** a simple and free initiative to encourage children to run, walk, jog for 15 minutes every day: [The Daily Mile | UK](#)

### National resources to encourage emotional health and wellbeing

- **Guidance on the eight principles of a whole school or college approach to promoting mental health and wellbeing:** [Promoting children and young people's mental health and wellbeing - GOV.UK](#)
- **Resource library** including lesson plans and assessment tools to help develop the **PSHE** curriculum: [Resources](#)
- **Better Health School Zone** offers teaching resources for key stages 1,2,3 and 4 to support the relationships, sex and health education curriculum and enable teachers to support the wellbeing of students. [School Zone | Campaigns | Campaign Resource Centre](#)
- **MindEd** is a free educational resource on children and young people's mental health for all adults. It includes content curated specifically for school settings for education staff to support and promote children and young people's mental health and wellbeing [MindEd Hub](#)

### National resources to promote oral health

- **School Zone dental resources:** developed for Better Health, the new KS1 and KS2 dental lesson plans are the first in a series of Better Health school resources to help pupils and their families learn about healthier eating habits [School Zone | Campaigns | Campaign Resource Centre](#)

- **Improving oral health: supervised tooth brushing programme toolkit** - A toolkit to support commissioning of supervised tooth brushing programmes in schools [Improving oral health: supervised tooth brushing programme toolkit - GOV.UK](#)
- **e-Bug lesson plans** on oral hygiene for key stage 1 [Oral Hygiene](#)
- **e-Bug lesson plans** on oral hygiene for key stage 2 [Oral Hygiene](#)

### **Further Information**

#### **Classification of overweight and obesity**

- For population monitoring purposes, a child's body mass index (BMI) is classed as overweight or obese where it is on or above the 85<sup>th</sup> centile or 95<sup>th</sup> centile, respectively, based on the British 1990 (UK90) growth reference data. The population monitoring cut offs for overweight and obesity are lower than the clinical cut offs (91<sup>st</sup> and 98<sup>th</sup> centiles for overweight and obesity) used to assess individual children; this is to capture children in the population in the clinical overweight or obesity BMI categories and those who are at high risk of moving into the clinical overweight or clinical obesity categories. This helps ensure that adequate services are planned and delivered for the whole population.

#### **Implications of Covid-19**

- School feedback letters, designed to inform action at a whole school level, give prevalence levels of children above a healthy weight including overweight and obesity based on a combined number of up to 3 years. This helps to ensure that the sample size is large enough to provide a reliable picture of the weight status of the school population, and to prevent individual children from being identifiable. Due to the interruptions to the program caused by COVID in the 2019/20 and 2020/21 collection years, there is a small number of cases where data is not available for all three years. Where only one or two years of data is included, this is noted on the relevant feedback letters.