

11 July 2017

Public Health and Public Protection –
Leisure Services
Wiltshire Council
County Hall
Bythesea Road
Trowbridge
Wiltshire
BA14 8JN

To: All Wiltshire schools

LA Circ: A131/17

Dear School Staff

Healthy Me Programme

I am writing to inform you about the September delivery of "Healthy Me" I would be very grateful if you could add this information to your school newsletter/social media streams and anywhere else you feel would be effective at getting families engaged in this fun effective programme.

Healthy Me is primarily about having fun! It is a free, 10 week child weight management programme for 7-11 year olds and their families. At Healthy Me we educate families about nutrition and physical activity, helping them make small positive lifestyle changes to become healthier, and reach and maintain a healthy weight. We cover topics such as 5 a day, sugars vs fats, carbohydrates, proteins, fats, vitamins and minerals, the importance of hydration, shopping on a budget, making healthy packed lunches and many more. All of this is backed up with fun physical activity such as a supermarket sweep hunt fresh fruit and veg!

Families receive support over the 10 week programme and beyond through keeping in touch/fun days where we can monitor their progress and ensure they continue to make the positive changes they have made during the course.

The new course dates are as follows:

Chippenham – The Olympiad - Tuesdays 4.15pm-5.45pm commences 19th September

Trowbridge – Trowbridge Sport Centre - Wednesday's 4.30pm-6.00pm commences 20th September

Salisbury – Five Rivers Health and Wellbeing Centre - Wednesday's 4.30pm-6.00pm commences 20th September

Devizes – Devizes Leisure Centre – Thursday's 4.15pm – 5.45pm commences 21st September

School staff can refer children using the attached referral form, and families can self-refer by filling out this form or by emailing healthyme@wiltshire.gov.uk

Yours sincerely

Mike Rose
Physical Activity Officer
Wiltshire Council
County Hall
Bythesea Road
Trowbridge
Wiltshire
BA14 8JN

Child's Name		Child's Date of Birth (DD/MM/YY)	
Home Address		Are there any reasons that you feel may affect the child's participation (e.g. physical, social, medical, learning difficulties)	
Parent/ Carer Name		Child's Ethnicity	
Telephone Number		Mobile Telephone Number	
Email		Gender	
Emergency Contact during programme time (Name, Telephone Number)		Family GP (Dr's Name, Surgery)	
Do you give permission for us to contact your GP if required?	YES <input type="checkbox"/> NO <input type="checkbox"/>	Are there likely to be any other siblings attending with you to the programme. If so, can you specify their names and their ages	

Child Par Q

Does your child have or has he or she ever experienced any of the following?

YES NO

- ☐ ☐ High or Low Blood Pressure
- ☐ ☐ Elevated blood cholesterol
- ☐ ☐ Diabetes
- ☐ ☐ Chest pains brought on by physical exertion
- ☐ ☐ Childhood epilepsy
- ☐ ☐ Dizziness or fainting
- ☐ ☐ Any bone, joint or muscular problems with arthritis
- ☐ ☐ Asthma or respiratory Problems
- ☐ ☐ Any sustained injuries or illness
- ☐ ☐ Any allergies
- ☐ ☐ Is your child taking any medication
- ☐ ☐ Has your doctor ever advised your child to exercise

Is there any reason not mentioned above why any type or physical activity may not be suitable for your child
If YES, please comment:

'Parent/ Guardian/ Carer' Physical Activity Readiness Questionnaire (PAR-Q)

YES NO

- ☐ ☐ Has your doctor ever said that you have a heart condition?
- ☐ ☐ Has your doctor stated that you should only do physical activity recommended by a doctor?
- ☐ ☐ Do you feel pain in your chest when you do physical activity?
- ☐ ☐ In the last month, have you had chest pain when you were not doing physical activity?
- ☐ ☐ Do you lose your balance because of dizziness or do you ever lose consciousness?
- ☐ ☐ Do you have a bone or joint problem
- ☐ ☐ Is your doctor currently prescribing any medication for you
- ☐ ☐ Do you know of *any other reason* why you should NOT do physical activity?

If YES, please comment:

SIGNED (Parent/ Guardian): _____

Print: _____

Date: _____

Please return all forms to;

Mike Rose
Wiltshire Council
County Hall
Bythesea Road
Trowbridge
Wiltshire
BA14 8JN

Or by email: healthyme@wiltshire.gov.uk

Telephone: 01225716674



How do we sign up?

Healthy Me runs in four different locations:

Area	Chippenham	Trowbridge	Salisbury	Devizes
Location	The Olympiad	Trowbridge Sport Centre	Five Rivers Health and wellbeing centre	Devizes Leisure Centre.
Days	Tuesdays	Wednesdays	Wednesdays	Thursdays
Time	4.15 to 5.45 pm	4.30 to 6 pm	4.30 to 6 pm	4.15 to 5.45 pm

For more information on what help and support we offer and to book your family onto the programme, please contact Healthy Me at:

Tel: **01225 716674**

Email: healthyme@wiltshire.gov.uk

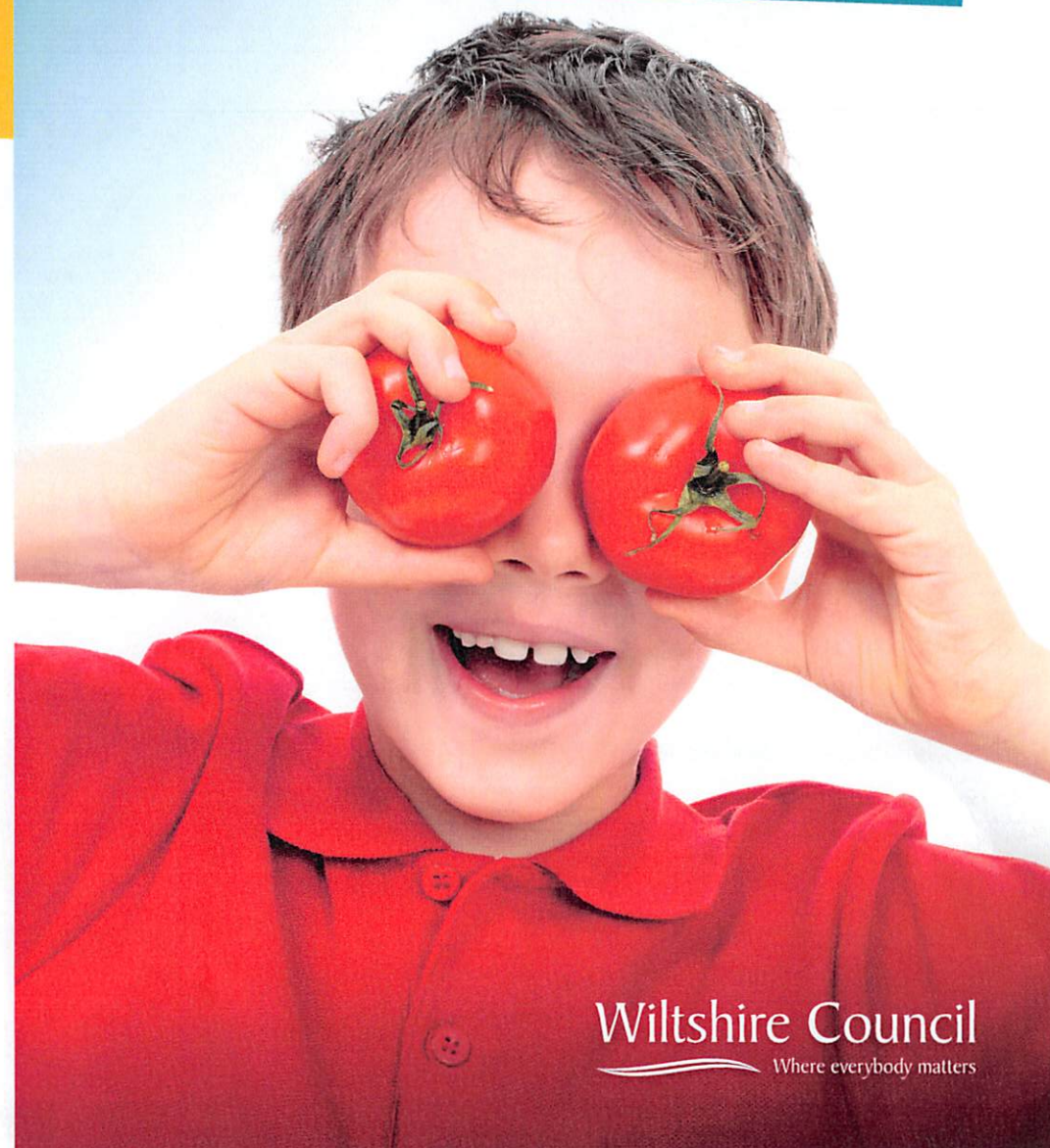
We can't wait to hear from you!

Healthy Me
A fun approach to wellbeing

7 to 11
YEAR OLDS

Healthy Me

A fun approach to wellbeing



Wiltshire Council
Where everybody matters



What is Healthy Me all about?

Healthy Me is a fun, healthy lifestyle journey for children aged 7-11 and their families. The programme is designed to support children and young people to achieve a healthy weight. These may be children who;

- have little or no knowledge regarding healthy eating
- struggle to take part in physical activity for various different reasons
- struggle with their confidence and self-esteem

Families will come away brimming with ideas, energy and knowledge, and your child and the rest of your family will be supported to reach and maintain a healthy lifestyle.

We are interested. But what's involved?

Our journey lasts for ten weeks, once a week during term time. Each session is 90 minutes and split between fun physical activities and learning about healthy eating. Plus of course, always having fun and making new friends along the way. There will also be the opportunity to take on some of our coaches at various challenges and quizzes.

Sounds great. What topics and activities do we cover?

There are so many areas that we delve into at Healthy Me, here are just a few;

- Portion control - how much should I be eating?
- Learning and developing life skills
- Sugar vs Fats
- Fun games with little or no equipment that can be played at home with family and friends
- Nutrients – What are these, what do they do, and how much should I be eating?
- Tips and tricks around the kitchen
- How to boost my self-confidence and self-esteem

- How much exercise and physical activity should I be doing?
- How can we make recipes healthier?
- Themed games such as Supermarket Sweep

What happens when we complete our journey?

We don't want to lose contact with you and the fun and learning will continue. We will offer our support for a whole year following completion of the course by providing activities for you take part in at our leisure centres and inviting you back during school holidays to our fun days which will involve activities such as bouncy castles, assault courses, and of course the famous smoothie bike.

