

BETTER LIVING TEAM

Better Living School Health Day

As part of the National Child Measurement Programme (NCMP) all primary schools in Calderdale are invited to participate in a School Health Day delivered by the Better Living Families Team. Bookings are now being taken for 2017/2018.

The children take part in a number of different lifestyle and activity sessions, all of which are interactive, using various resources and props. The children are encouraged to ask questions about how to make sensible choices about their own health and lifestyle.

Lifestyle topics include:

- Why sleep matters?
- How should I start my day?
- Is all fat bad?
- What's in my food?
- What on your plate?
- What does wellbeing mean?

Games and activity sessions are designed to get children moving and having fun without feeling that they are exercising. Activities include:

- Parachute games
- Team Games
- Dance
- Multi-sports
- Yoga

The school can choose the agenda for the day appropriate for the children in their school. For further information and to secure your booking, please contact:

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calderdale.gov.uk/sport

Calderdale
Council