



Causeway
Coast & Glens
Borough Council

CAUSEWAY Healthy Kids

Fuel an active body and mind

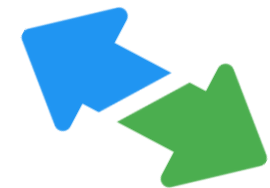
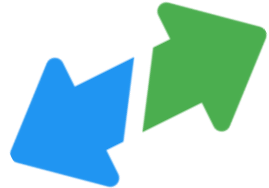


NORTHERN
**HEALTHY
LIFESTYLES**
PARTNERSHIP



Public Health
Agency

Project supported by the PHA



Need identified



Partnership Working



NORTHERN
**HEALTHY
LIFESTYLES**
PARTNERSHIP

NHSCT
Health Improvement
Dietetics

Collaboration

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Health & Wellbeing
(Emotional Wellbeing)

Sharing resources

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Healthy Kids Delivery Pack

[Healthy Kids Delivery](https://view.pagetiger.com/causeway-healthy-kids)
<https://view.pagetiger.com/causeway-healthy-kids>

Healthy Kids
Fuel an active body and mind

Connect, Keep learning, Be Active, Take Notice, Give

Click here to view the resource area

Developed by:
Causeway Coast & Glens Borough Council, HSC Northern Health and Social Care Trust, NORTHERN HEALTHY LIFESTYLES PARTNERSHIP

Supported by:
HSC Public Health Agency, Mid & East Antrim Borough Council, Antrim and Newtownabbey Borough Council

Project supported by the PHA

Public Health Dietitians Group

Eat Well Be Well Animations and Supporting Lesson Plans

Click on each circle below to view the animation for each of the 5 lessons.

- Fruit and Vegetables
- Hydration
- Snacks
- Food Labels
- Mindful Eating

Click here to view lesson plans altogether in one document!

Individual lesson plans and worksheets

1. Introduction and Fruit and Vegetables
2. Hydration
3. Choosing healthy snacks & The Eatwell Guide
4. Reading food labels
5. Mindful Eating

Thumbnail 1: Fruit and Vegetables - Worksheet

Thumbnail 2: Snacks - Worksheet

Thumbnail 3: Food labelling - Worksheet

Thumbnail 4: Mindful Eating - Worksheet

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Healthy Kids At Home Pack

Take 5 Steps to Wellbeing

There are 5 simple steps to help you improve your wellbeing. Try to build these into your daily life - think of them as your 'five a day' for wellbeing.

1. Eat more Fruit & Vegetables
2. Keep Hydrated
3. Choose Healthy Snacks
4. Read food labels
5. Be a mindful eater

QR code:

Eat Well, Be Well

For Well, Be Well 5 or more single changes that we can make to our diet to help us feel better.

1. Eat more Fruit & Vegetables
2. Keep Hydrated
3. Choose Healthy Snacks
4. Read food labels
5. Be a mindful eater

QR code:

Parent Information Helpful Resources

Are you packing a healthy lunch?

Scan QR code with the camera on your smartphone for more information.

The Traffic Light Labeling System will tell you whether a food has high, medium or low amounts of fat, saturated fat, sugars and salt.

Scan for more information.

For more information contact: Causesway.Care@nhs.uk or Causesway.Development@nhs.uk

CAUSEWAY Healthy Kids At Home Challenge Pack

Fuel an active body and mind

Partners:

Challenge 1

Return to class on Week 1

Can you eat 5 different fruits and vegetables this week? (See how many)

1. _____
2. _____
3. _____
4. _____
5. _____

Why not Make your own Fruit or vegetable kebabs by chopping them up and adding to a skewer (see advice on page 10)

Orhydrate to success! Can you drink 6-8 glasses of water or milk each day this week? (Colour in a bottle for each glass to your hydration target)

QR code:

Challenge 1

Return to class on Week 1

Connect at Home - Talk to 2 people, ask them some questions and tell them your favourite.

What is their favourite hobby?

Person 1: _____ Person 2: _____

What is their favourite food?

Person 1: _____ Person 2: _____

What is their favourite music?

Person 1: _____ Person 2: _____

What is their favourite book?

Person 1: _____ Person 2: _____

What is their favourite place to visit?

Person 1: _____ Person 2: _____

Where I live - Write down 3 facts about the town / village you live in.

1. _____
2. _____
3. _____

Challenge 2

Return to class on Week 1

Snack Attack

What 5 healthy snack swaps have you made this week? (By not eating a snack or eating a different one)

1. _____
2. _____
3. _____
4. _____
5. _____

How's your balance?

Write or draw some of the foods you have eaten into the correct section of the guide to see if you've been getting a healthy balance.

Challenge 2

Return to class on Week 1

Happy and Healthy

Name 3 things that make you happy.

1. _____
2. _____
3. _____

Happy and Helping

Do 3 helping or kind things at home.

(Write them down on a separate sheet than the list opposite)

1. _____
2. _____
3. _____

- Take out the Trash
- Wash the dishes
- Make your bed
- Water the plants
- Vacuum a room
- Tidy your bedroom
- Walk the dog
- Fold the clothes

Eat Well To Be Well Animated videos - [Public Health Dietitians - YouTube](#)



EAT WELL, BE WELL

Supporting lesson plans for animated videos



Fruit and Vegetables



Hydration



Snacks



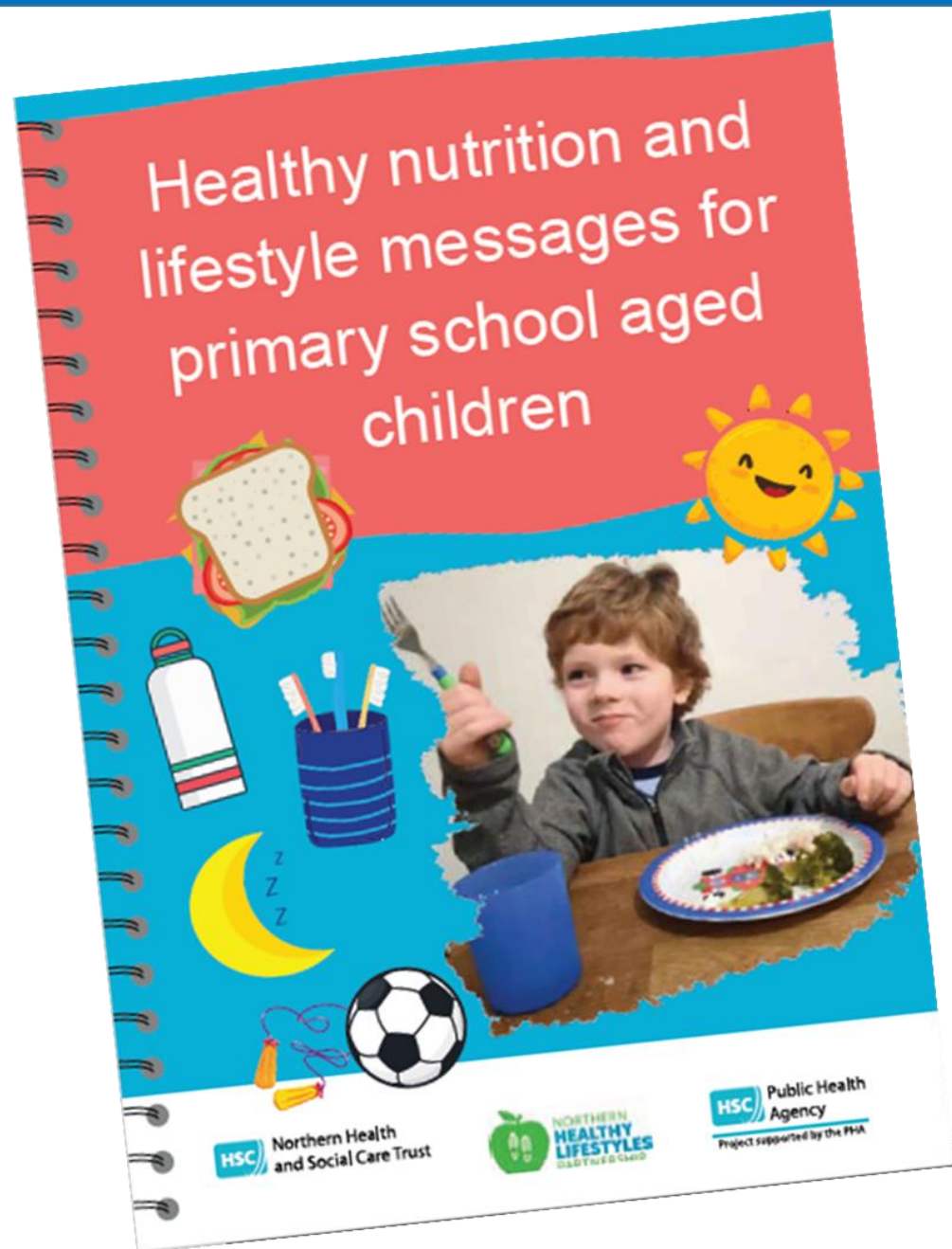
Food labels



Mindful Eating

Contents


- Lesson plan 1- Introduction and Fruit and Vegetables
- Lesson plan 2- Hydration.....
- Lesson plan 3- Choosing healthy snacks & The Eatwell Guide.....
- Lesson plan 4- Reading food labels.....
- Lesson plan 5- Mindful eating.....



What topics are included?


	Eatwell Guide	1
	Physical Activity	5
	Fruit, vegetables and fibre	9
	Hydration	13
	Things to eat less of	17
	Food labelling	21
	How to put a healthy meal or snack together	23
	Mindful eating	26
	Dental health	27
	Fussy eating and restrictive eating	31
	Screen time	37
	Sleep	39
	Vegetarian and vegan diets	41
	Healthy weight	45
	Vitamins	49
	QR codes for more resources on each topic	51

Examples:

 = Vitamin A =  Helps us see in the dark and helps our body fight infections.

 = Vitamin C =  Helps cuts to heal and keeps skin healthy

 = Vitamin B =  Helps the body release energy from food

 = Fibre =  Fruit and vegetables are also great sources of fibre. Fibre is great for our digestive system and helps make doing a poo easy!

Take 5 Emotional Wellbeing Support

- Take 5 Steps to wellbeing (Connect, Learning, Active, Notice and Give)
- Take 5 – simple and effective ways to incorporate positive mental health & emotional wellbeing messages
- Evidence indicates that individuals who practice all 5 steps have the highest level of wellbeing.
- Take 5 videos
- Take 5 lesson plans



Introduction to Causeway Healthy Kids



Project

- 11 week programme
- Key stage 2 primary school aged children.

Objectives

Create an opportunity for children to;

- Learn what food were healthy/unhealthy and the affects foods can have on their health.
- Take part in physical activity session.
- Learn five steps that will help them daily to look after their emotional health & wellbeing.

Funding

- CC&GBC, NHLP Choose to Live better, Health & Wellbeing Physical Activity & Sports NI



Cost of delivery per child = £14

How much did we do continued?

58 Schools

identified throughout the borough using the NISRA deprivation measure.

- 14 Limavady area schools
- 10 Ballycastle area schools
- 12 Ballymoney area schools
- 22 Coleraine area schools

11 weeks of session was selected as the delivery model for each school after consultation with Sport NI around sustained participation.

11 weeks of sustained participation creates habit and encourages a positive relationship with physical activity.

638 sessions delivered in schools

1609 unique participants

How well did we do it?

All PA session were designed with physical literacy in mind rather than traditional sport specific approach.

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding that enables a person to value and participate in physical activity throughout life.

The Physical activity element was received by all children, as this was devised in games and free play style it allowed all children to explore physical activity to suit their own abilities and avoided naturally sporty children excelling.

The feedback received from the schools was extremely positive and the programme well received. The pupils have engaged with the coaches throughout the sessions and shown a willingness to learn about nutrition and mental health.

Physical Activity Evaluation

- 63% of children correctly identifying the physical activity guidelines
- 53% of children report an increase in confidence due to the programme
- 36% children reporting that they meet the guidelines post programme, increase of 7%
- Overall understanding of why being active is important

16%
increase
in hydration
awareness

23%
increase
in how to consciously
build a healthy plate

50%
decrease
In consumption of
sweets and similar
items

30%
increase
in label reading
awareness

87%
reported that they
enjoyed the
programme

What difference did we make?

"The children have loved every part of this Healthy kids programme and its so vital to their development and assisting them in making good health decisions relating to their health."

Teacher

"I now know what foods are healthy and unhealthy."

Child

"The videos really helped to assist the children with each topic and make it easy for them to follow and understand."

Facilitator

"I learned to not eat as much sugar in my diet and how good fruit and vegetables are for me."

Child

"The children looked forward to the sessions every week and got excited to see the coach come in."

Teacher

"Feedback highlighted that children will now make more sensible choices regarding their eating habits."

Facilitator

"I loved scanning food labels and learning about the traffic lights."

Child

"I learned to check the colour of my pee each day and if I need more water."

Child

"I learned I don't drink enough water each day."

Child



CAUSEWAY Healthy Kids

Fuel an active body and mind



Advancing Health Care Awards 2023



Winner

Award of Partnership working in Public Health

“Causeway Healthy Kids project will have long term positive consequences on population health”

Overall Winner

“An exceptionally good example of big thinking, joined up working, sharing of resources/skills and co-production to benefit population health”



Next Steps

- Completion of all primary schools in the Causeway Coast and Glens Borough in Phase 5.
- Continued support to schools.
- Support continued roll out to Mid and East Antrim Borough Council and Antrim and Newtownabbey Borough Council.
- Develop a community-based delivery model and explore a teenage variation.



Questions

