

# School's Pledge for a Healthier and Active Future



# Why is being healthy important for children?

If you eat well and move lots, it can help you to:

Have lots of energy to play and take part in sport

Grow well and have good health when we are older

Have good levels of concentration to work hard at school

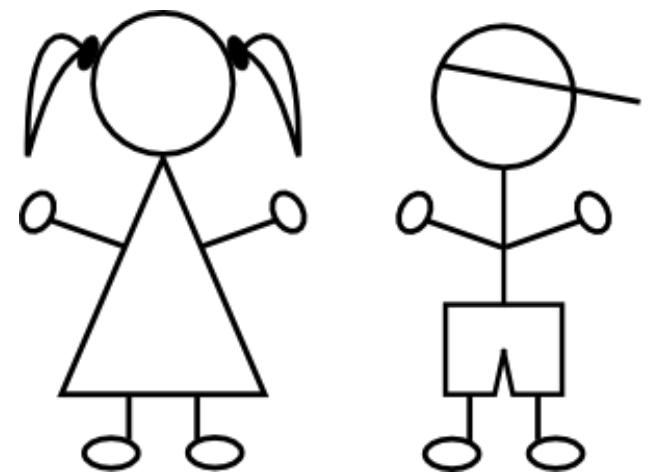
Be in a good mood and feel happier

Sleep better





- Is there anything which can make being healthy challenging?
- What helps us to make healthy choices?



# What can get in the way of us feeling healthy?

**Cost of  
healthy  
food**

**Who we  
spend time  
with**

**Advertising of  
less healthy  
food and drink**

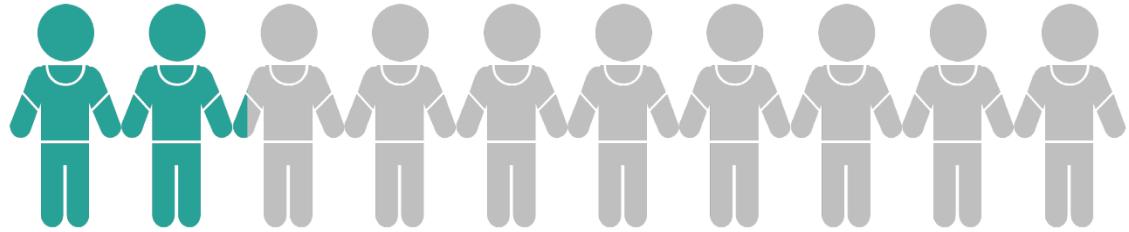
**Less  
healthy  
options to  
choose  
from**

**Access to  
parks and  
places to  
play**



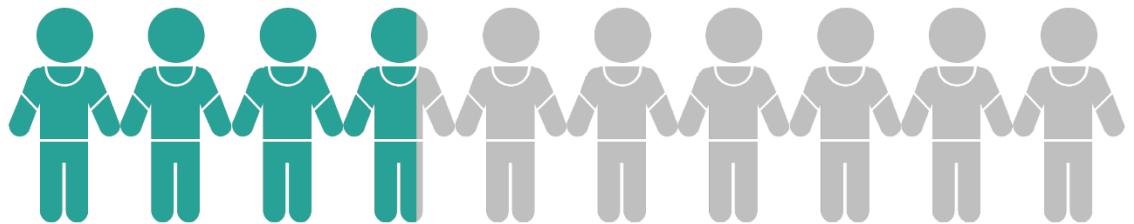


Figure 1: Reception Prevalence of overweight (including obesity)



In 2023 to 2024, 22.1% of children in reception (aged 4-5 years) were overweight or living with obesity (boys 22.2%, girls 21.9%)

Figure 2: Year 6 Prevalence of overweight (including obesity)



In 2023 to 2024, 35.8% of children in year 6 (aged 10-11 years) were overweight or living with obesity (boys 38.1%, girls 33.5%)

Overweight and underweight are issues that affect many children, young people, parents and school staff.

Around a third of children are overweight or obese.

# How can our school help us to be healthy?



Help us to eat healthy food at lunchtimes and breaks:

School meals & Packed lunches

Healthy snacks

Teach us the best ways we can be healthy, at school and at home

Provide fresh drinking water

Support us to be active in lessons and at break times:

Encourage us to take part in sport or clubs (such as gardening or cooking)

Make it easy and fun to be healthy!

Help our community to be healthy



# Our School's Pledge for a Healthier and Active Future

We want to make our school a place where everyone has the opportunity to feel healthy by eating well and moving lots, to do this we will:

- Work together and listen to students, parents and staff
- Make commitments which will make a difference
- Keep making changes for the better – you may spot some changes already!

But we want to hear your ideas for how we can be healthier. You may have ideas for things we could change in our school. It could be things in the classroom, at lunchtimes and breaks and even outside of school.



# The Core Commitments



- 1. Leadership:** Adopt a whole school approach to the promotion of healthier eating and physical activity. Identify a Schools Pledge Leader and create opportunities to enhance staff knowledge and awareness through consistent, evidence-based messages, focusing on key topics such as combating weight stigma and promoting positive body images
- 2. Food & Drink Provision:** Ensure that healthier and more appealing food options that meet school food standards are available for breakfast, lunch, and after school activities. Engage and support the school catering service to maximise take-up of nutritious school meals and provide guidance for families on affordable, healthier packed lunches. Limit high-calorie, low-nutrient foods in all settings, including during special occasions and fundraising events, and ensure that free drinking water is accessible to all pupils throughout the school day.
- 3. More Movement:** Support pupils to achieve the goal of at least 30 active minutes during the school day; encourage further active minutes outside the school day through extra-curricular activities. Use positive messages with pupils and families and share information about local opportunities for physical activity.
- 4. Community Engagement:** Implement a whole school approach to community engagement with support from Food Active. Work with families, carers, and local partners through regular communication and workshops to promote healthy eating, active lifestyles, and a supportive community environment.



- 5. Active Travel:** Develop and promote school travel plans to promote physically active lifestyles, including active travel (such as cycling, scooting, and walking) to school in support of a wider school travel plan.
- 6. Policies & Campaigns:** Promote physical activity and healthy food choices by sharing and implementing policies across the whole school community. Collaborate with local and national initiatives, such as Better Health/healthier families and Healthy Schools Awards, to improve health and well-being. Share best practices with other schools to instigate and sustain policies.
- 7. Curriculum:** Enhance opportunities within the National Curriculum framework to integrate healthier eating, growing food, cooking, and physical activity throughout the school environment. Provide staff with training and resources to enable and empower them to have positive discussions about eating well and being active.
- 8. Overall Wellbeing:** Prioritise the wellbeing of staff, pupils, and families by promoting healthier behaviours through education, guidance, and fostering a supportive culture within the school and wider community.
- 9. Data & Evaluation:** Monitor and use data to evaluate the impact of efforts to promote healthier eating and physical activity within the school community, using relevant data, such as the National Child Measurement Programme, school meal take-up levels and school surveys.

