

your change4life school pack



Eat well Move more Live longer

Dear Headteacher,

Did you know that if we carry on as we are, 9 out of 10 of the children in your classes risk growing up with dangerous levels of fat in their bodies? This can cause life-threatening diseases like cancer, type 2 diabetes and heart disease.

Change4Life is the first ever national movement which aims to reduce obesity, and the most ambitious to launch anywhere in the world. It's a big challenge and we'd really welcome your support. So we've sent you this pack to make it easy for you and your school to start getting involved in the campaign, if you are interested in doing so.

What's Change4Life all about?

Change4Life aims to help families eat well, move more and live longer, in line with the Government's Healthy Weight, Healthy Lives strategy. It reframes the issue of obesity (we hope you've seen some of the advertising!), moving it away from being about appearance or size, to being about the serious health consequences of having a poor diet and being sedentary. We hope families will start to think about the dangers of 'fat in the body' rather than 'fat bodies'.

Change4Life will give families a clear set of diet and activity behaviours for all children between the ages of 5 and 11. These include eating 5 portions of fruit and veg a day, having 3 healthy meals, snack control, reducing fat and sugar consumption and getting 60 minutes of physical activity every day. We will also be providing lots of helpful tips to give families ideas of how they can make changes to their behaviour.

We support the Government's National Healthy Schools Programme and already have support from many organisations including the School Food Trust, Food Standards Agency, National Children's Bureau, Parent Know How, Youth Sport Trust, Play England, Amateur Swimming Association and Living Streets (Walk to School). Commercial organisations including supermarkets as well as voluntary organisations have also pledged to help.



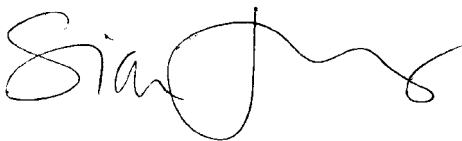
Getting involved

Schools that are already participating in the National Healthy Schools Programme (97% of all schools) will already have many things in place which will support the Change4Life key message about eating well, moving more and living longer. Change4Life is an opportunity to extend your Healthy Schools approach, by reassuring families that your school is supporting their children in line with advice and guidance from the Change4Life campaign and the School Food Trust's Million Meals campaign. The high public awareness of Change4Life may help stimulate discussions and activities in the classroom about healthier eating choices and being more active.

If you and your school choose to support Change4Life by aligning your healthy eating or activity projects, it could help you achieve your goal of five hours of week of PE and sport.

You may wish to share the contents of this pack with your Healthy Schools Co-ordinator and PSHE leads. The materials in the pack are designed to help you support Change4Life by encouraging parents to think about their family's own diet and activity habits. There are also materials that you could display around your school to spread the message that you are supporting the campaign.

Any help you can give will be much appreciated.



Siân Jarvis
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department for
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Change4life is supported across government



Healthy Schools
Healthier Living & Learning

