



Vision:

All pupils leaving primary school physically literate and with the knowledge, skills and motivation necessary to equip them for a healthy lifestyle and lifelong participation in physical activity and sport.

Statement:

‘The doubling of the funding formula will help schools to continue to use physical education, sport and physical activity as a tool to improve educational attainment, emotional and physical health and well-being.’

In addition to our Sports Coaches and Dance Team, the Sport Development Service are able to deliver our innovative FRESH Health and Wellbeing Programme, which will assist schools in fulfilling the Sports Premium criteria.

The flyers below outline the basic information around the FRESH and our new FRESH Minds programmes as well as show feedback from our previous sessions...



Fresh Minds

Oldham Sport Development's Fresh Minds programme aims to encourage the children and young people to think about the importance of looking after their physical, psychological and social wellbeing. The programme improves the knowledge and understanding of why leading a healthy lifestyle is important and to encourage them to find ways to increase their physical activity levels as a way to support them to manage their mental wellbeing.

Aims of the programme:

- To increase knowledge and understanding of mental health
- To encourage long term behaviour change in participants
- To encourage participants to be more physically active
- Develop participant's social and psychological wellbeing

Topics include; Mental wellbeing, 5 ways to wellbeing, Mindfulness, Feelings & emotion, Confidence, Sleep guidelines, Physical activity guidelines.



Healthy lifestyle programme



What is FRESH?

A healthy lifestyle programme delivered by Oldham Sport Development which aims to encourage children, young people and their families to adopt healthier lifestyles, learn the importance of healthy eating and being physically active.

"I thoroughly enjoyed the sessions, some of the contents within the drinks and various foods were real eye openers, especially the ones that everyone tends to think of as healthy."

A.Clough
(Radclyffe Schools Teacher)

"I have learnt that we shouldn't eat high sugar products and we should exercise more to keep you healthy"

Nossi, 10

What is the aim?

- ★ To increase knowledge around healthy lifestyle choices
- ★ To encourage long term behaviour change in participants
- ★ To encourage participants to be more physically active
- ★ Develop participant's social and psychological wellbeing

"I have learnt about how to keep healthy, what exercise is good and to keep active and positive"

Victor, 10

Programmes

The FRESH programme is delivered in local schools by fully qualified staff and supported by health professionals with several years of experience. All staff have enhanced DBS checks.

Bespoke sessions offered to schools, which meet individual needs.

FRESH @ school – Specific classes/ individuals selected.

FRESH for a day – This project is a whole healthy school approach, delivered across a full day.

FRESH Families – This project involves parents working together with their children to improve their knowledge of health and wellbeing, so as a family they are equipped to make healthy lifestyle choices and change behaviours.

If you would like more information around the FRESH programme and costings please contact **Steven Nield** on 0788 999 3307 or steven.nield@oldham.gov.uk



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