



To Parent/Carer,

Fresh Mind Programme

I am writing to inform you about the 'FRESH MINDS' health and wellbeing programme your child will be taking part in school. The health & lifestyle programme is delivered by the Oldham Sport Development team. We aim to give children and young people an introduction to ways to look after their physical, social and mental wellbeing.

The sessions are delivered through theory and practical based activities. We hope your child comes home and updates you on key messages they learn each week.

Topics the programme will cover include;

- The 5 ways to wellbeing- connect to people, be active, take notice, keep learning and give /help others.
- Feelings & emotions
- Confidence
- Sleep guidelines
- Physical activity guidelines

The following websites and apps might be useful to your family during the programme.

Food scanner app – <https://apps.beta.nhs.uk/change4life-food-scanner/>

Junior Parkrun - <http://www.parkrun.org.uk/events/juniorevents/>

Dentist list - <http://www.oldhamccg.nhs.uk/YourServices/Findadentist>

Physical activity guidelines - <https://www.gov.uk/government/publications/start-active-stay-active-infographics-on-physical-activity>

NHS advice, tips and tools - <https://www.nhs.uk/>

Healthy young minds (mental wellbeing) - <http://healthyyoungmindspennine.nhs.uk/>

Food chain choices - <https://www.fatsecret.co.uk/Default.aspx?pa=brands&t=2>

Thank you in advance for your support, if you have any specific questions or feedback please feel free to get in touch. We hope your child enjoys the programme and takes key messages back home to support you all with your mental wellbeing.

Kind Regards
Steven Nield

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