



# Healthy Places Award

- This is an award for all; children, teachers, other staff and parents!
- We would like you all to be involved!



## What is the award?

“This Healthy Places ‘Education’ award is designed to help educational settings in North East Lincolnshire to create a programme of work to promote health, as they act as vehicles to empower individuals to live well where they work, learn and play.” (Developing Healthier Communities team, NE Lincs Council.)



## Why are we taking part in this?

“This is a fantastic award for schools and academies to work towards, which not only benefits the children and young people but also has a positive impact on the health of staff, parents/carers and wider community”.

(Councillor Peter Wheatley, portfolio holder for health and chair of the health and wellbeing board.)



What does the award consist of?

- Physical activity
- Healthy eating
- Mental and emotional wellbeing
- Alcohol and substance misuse
- Smoking
- Other healthy lifestyle topics



## About the award...

The award is available at Bronze, Silver and Gold levels. This term we are working towards the Bronze award.

We aim to move from raising awareness about health issues, on to more detailed health and well-being projects in the future.



## What are the aims of the project?

- Up skill and empower people to champion health and take care of each other
- Inspire sustainable health related change
- Gain recognition for creating a healthier setting
- Deliver healthy lifestyle promotion on topics



## What are the benefits?

- Improved health and happiness North East Lincolnshire
- Improved community cohesion, engagement and morale
- Improved aspirations of the local community
- Raised attendance levels for staff and children/young people in educational establishments
- Raised attainment and progression for staff/children/young people/volunteers
- Reduction in bullying
- Better engagement with parents/carers and wider community.
- Reduced absence level and increased attendance levels in workplace
- Improved productivity and performance
- Fewer accidents and injuries



## How can parents can be involved?

- Please support our Breakfast Club (Mon, Weds & Fri)
- Provide healthy packed lunches (No nuts please)
- Encourage your child to take part in physical activity (out of school clubs etc.)
- Chat regularly with your child to discuss their thoughts and feelings, related to well-being.





## For further information:

- Check the school noticeboard (school entrance)
- Look at [www.stanfordschool.org](http://www.stanfordschool.org)
- [www.facebook.com/.../livewellnelincs](https://www.facebook.com/.../livewellnelincs)
- Follow the council team on Twitter [@livewellnelincs](https://twitter.com/livewellnelincs)