



# is your school making the most of change4life?



Change4Life aims to help families eat well, move more and live longer. It is the largest healthy living movement in England and is synonymous amongst families with the subject of eating well and being active: over 530,000 families have signed up and 91% of mums have heard of us. Linking with Change4Life will raise the profile of new and existing healthy living projects.

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.



## download free resources or join in with national campaigns - there are lots of ways to get involved!

Change4Life is designed to be something you can access and use in whichever suits you and your school best. Visit the Change4Life website for further information and free [toolkits](#). For local support, contact NHS Norfolk's Change4Life Coordinator Alex Lynch on (01603) 257165 or [alexandra.lynch@norfolk.nhs.uk](mailto:alexandra.lynch@norfolk.nhs.uk). Below are some of the national initiatives, either supporting or led by Change4Life, which your school might like to get involved in:

### Healthy Schools

Schools that are already participating in the [National Healthy Schools Programme](#) 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.



### SmallSteps4Life

[SmallSteps4Life](#) is an interactive programme to help schools initiate and support behaviour change. It challenges young people to take small, manageable steps to improve their health and wellbeing, using themes of eating well, getting active and feeling good.



### The School Food Trust

Change4Life supports the drive to encourage more children to eat a healthy school lunch every day. The School Food Trust uses six of the [Change4Life behaviours](#) to help children and families understand the importance of healthy school food.



### Change4Life Sports Clubs and the School Games

Change4Life Sports Clubs aim to introduce a new and innovative type of club to appeal to children and young people who haven't traditionally participated in club sport. The clubs promote 7 Olympic sports: badminton, boccia, fencing, handball, table tennis, volleyball and wheelchair basketball. To find out more visit the [Youth Sport Trust website](#).



Change4Life Sports Clubs will link to the School Games, a great new opportunity to motivate more young people to enjoy the benefits of playing competitive sport. The Games are designed to involve children from years 3 to 13 across four levels of ability and backgrounds.

Every school in the country has an opportunity to join in the School Games. Download the prospectus for [primary](#) or [secondary](#) schools for a full overview and details of how your school can take part.

