Healthy Schools Partnership
London Borough of Southwark

Healthy Children and Young People at Home

Southwark's "Healthy Schools" bulletin two provides ideas on how to keep your children and young people fit, healthy, happy and busy while they are home-schooled.

New Public Health England Guidance

Guidance for parents and carers on supporting children and young people's mental health and wellbeing

Learn More

Education ideas

Learn with Khan academy

Khan Academy creates online tools that help educate students in science, maths and computing. The organization produces short lessons in the form of videos. All resources are available for free to users of the website and app.

Learn More

LEARN: with Time Table Rock Stars

In either paper form or online, Times Tables Rock Stars is a carefully sequenced programme of daily times tables practice for primary and secondary pupils. Each week concentrates on a different times table to improve times tables recall speed. The company is currently offering free access for all schools closed due to the coronavirus.

Learn More

Healthy body & mind ideas

ACTIVE: Joe's PE

Children need 60 minutes of physical activity every day. Keep your child active at home with Joe Wicks' free PE lessons streamed live every weekday at 9am on his YouTube channel,

,The Body Coach TV.

Learn More

CREATE: a daily schedule

Create a daily schedule with your child. Use a whiteboard, card board or blank printer paper, or print out an outline daily calendar template. Take turns being the one who decides what to do during each block of time.

Learn More

EXERCISE: Dance-Alongs

Get your child's heart racing before their lessons today with Disney Dance - Alongs. This Girl Can has partnered with Disney to put together dance routines so parents and kids can move to the songs they love.

Learn More

EXERCISE: with Fitness Blender

Get the children active with this 25 minute fun workout for children. The routine runs through 3 different games to burn off excess energy, increase balance, endurance, bone density and strength. It is free to access and also includes healthy recipes, articles and fitness programmes to help you reach your personal goals

Learn More

And keep your Wellbeing Journal

Learn More

EAT: a tasty recipe

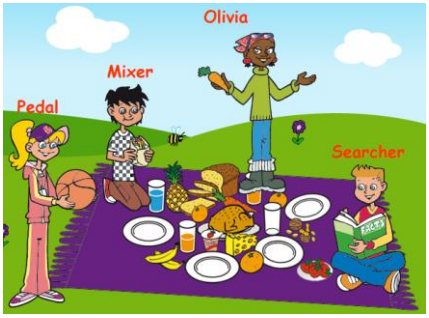
Discover hundreds of recipes on the Change4Life website. These tasty recipes for kids are healthy, quick and easy to make. Help your child to make one of the lunch recipes today such as the Pizza Pitta Face.

Learn More

EAT: a tasty recipe

The Great Grub Club website has healthy, tasty and fun recipes for kids to make. Make one of the recipes in the evening or at lunchtime such as the beetroot and chocolate muffin recipe. This website also has exercise ideas, gardening activities and healthy eating quizzes.

Learn More



Evening entertainment

SLEEP: with Sleep Factor

A healthy sleep routine is important to keep our bodies strong and resilient. These lessons for key stages 2, 3 and 4 will help your child understand what good quality sleep is, what the benefits are, and why a routine is important.

LEARN MORE

MAKE: Cherry berry crumble

Kids will love these quick and easy pudding recipes from Change4Life including a fruity crumble, healthier popcorn or banana ice cream, perfect for a movie night or after dinner. These tasty puddings can even help towards kids' 5 A Day! DOWNLOAD RECIPE

PLAN: with Imagination tree

The Imagination tree has put together a Stay at Home Survival Guide for parents, which includes planning, play and learning ideas. This website also includes activities and resourceson literacy, science, PSHE, numeracy and creativity.

LEARN MORE

LEARN: a new language

Learn a new language for free with the Duo lingo app or website. Makes learning a language easy, quick and enjoyable with quizzes, rewards and leader boards. There are over 30 languages to choose from

Learn More

LEARN: Mindfulness

Kids (and their parents) can learn fun, engaging activities that teach them the basics of mindfulness with the Headspace for kids app. Practise breathing exercises, visualizations and even focus-based meditation. This app is available to try for free.

Learn More

Have fun – and feel free and email us on standardsteam@southwark.gov.uk if you would like to share other enjoyable activities.

A huge "thank you" goes to the Healthy Schools Team at Ealing Council as well as to Southwark's Business Support Team, for pulling all this together.