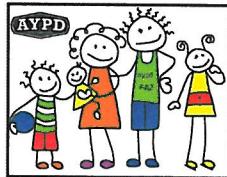


NANTYFFYLLON PRIMARY SCHOOL

FAMILY ACTIVE ZONE

Inspired
for Life

Ministerial visit



WELCOME

We are pleased that you are able to share in the success of the work that is taking place at Nantylfflon Primary School and within our community

We are proud of the genuine partnerships that are evolving and the ways in which all members of the community can become engaged in shaping our future

We believe that our people deserve the best opportunities and services that we can collectively create and our drive for innovative solutions is key to our success

Our children, young people, families and community will be...



WHAT IS FAZ (Family Active Zone)?

Increasing the level of
Fundamental Movement
Skills of children

*(Developing life-long
participation)*



Developing the child's
personal and social skills

*(Increasing self-esteem
and sense of belonging)*



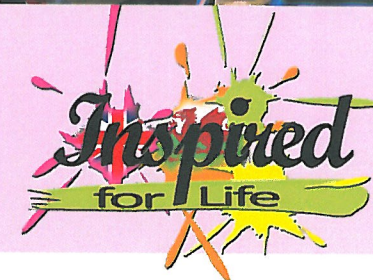
Developing adults
confidence and activity
levels

*(Encouraging activity at
home as a family)*



Supporting healthy eating
choices and habits

*(Encouraging life-long
eating habits)*



ACTIVE YOUNG PEOPLE DEPARTMENT - HEALTHY LIVING SERVICES - FAMILY ACTIVE ZONE

PHYSICAL SKILLS - Fundamental Movement Skills

Why?

“Research shows that children who are competent in FMS (fundamental movement skills) are more likely to enjoy sports and activities and to develop a lifelong commitment to physical activity.

Research also suggests that children who do not master the FMS are more likely to drop out of physical activity in life”

Get Skilled: Get Active, 2000



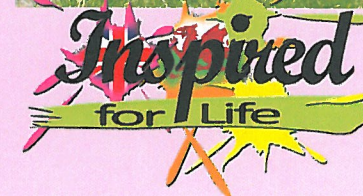
How?

A thematic approach to delivering the fundamental skills of agility, balance and coordination through story telling, adventures and engaging, physical activity games.



The difference its made:

- 100% of children and families learnt new games to play at home
- 100% of children increased by at least one level with the fundamental skills

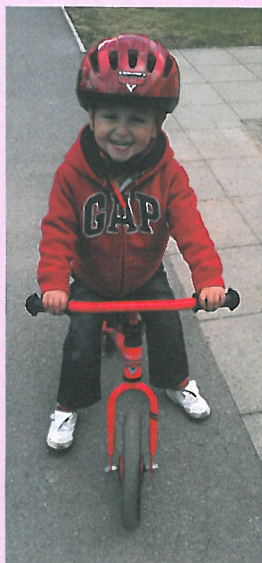


PERSONAL AND SOCIAL SKILLS

Why?

Why engage the whole family in physical activity?

Personal and social focus: Successful long term participation and activity patterns are underpinned by positive choices and behaviours by children. We seek to give them the confidence, resilience and



communication skills to form lifelong habits and to support them to make positive decisions. These have also been aligned with EYFS (Early Years Foundation Stage).

How?

Each weekly theme includes a social or personal focus, where parents are encouraged to identify and reward their children when they display these skills.

Example:

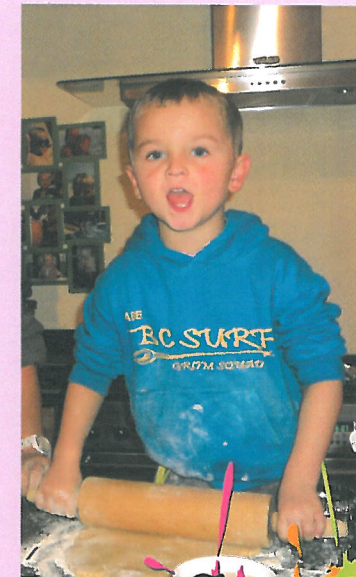
Congratulate your children when they:

- can role play with others
- can take turns and share
- can play with others with support



The difference its made:

- 100% of children improved their social and personal skills
- 90% of children improved their social and personal skills by 2 levels on the wheel



HEALTHY EATING HABITS

Why?

Weight issues are setting in at an **earlier age** - 23% at reception age and 33% at year 6 are obese

(National Child Measurement Programme: England, 2010/11 school year)

Obesity expert Tam Fry, of the national obesity forum said *"really the answer has got to be more focus on prevention, it has been proven in many areas, if you get children on board with healthy lifestyle they're inclined to stay that way"*



What and How?

What do families learn about healthy lifestyles?

Session 1

Importance of breakfast, the 'eat well plate', food tasting session – mango Hedgehog, fruit kebabs, and fun games with integrated key messages:

- Try and eat 5 portions of fruit and Vegetables every day
- Eat a variety of food from different food groups (eat well plate)
- Start the day with breakfast every day

Limit the amount of surgery and fatty foods

Session 2

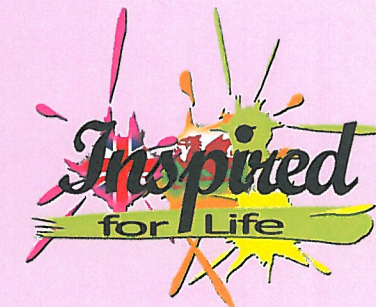
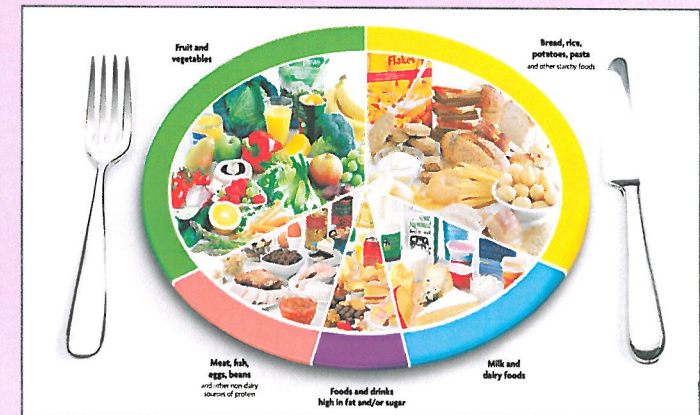
Wholemeal in our diet, Italian pizzeria (make you own pizzas), and fun games with integrated key messages:

- Try to introduce wholemeal products in your diet and increase fibre intake
- Base meals on starchy foods
- Eat a variety of food from different food groups



The difference its made:

- 100% of children and families increased the amount of fruit and vegetable they were eating



HEALTHY EATING HABITS cont...

Why?

Today's 10 year olds are the first generation expected to have a **shorter life expectancy** than their parents

designedtomove.org

This year, **5.3 million deaths** will be attributed to physical inactivity, compared with smoking which is responsible for 5 million deaths per year

designedtomove.org



How?

What do families learn about healthy lifestyles?

Session 3

Fats and sugars, smoothie making, and fun games with integrated key messages:

- Reduce salt, sugar and fat
- Drink more fluid (recommends 6 glasses per day)
- Consume less sugary drinks
- One small glass of orange juice is equal to one piece of fruit a day
- Fruit in the smoothie is one portion of fruit a day

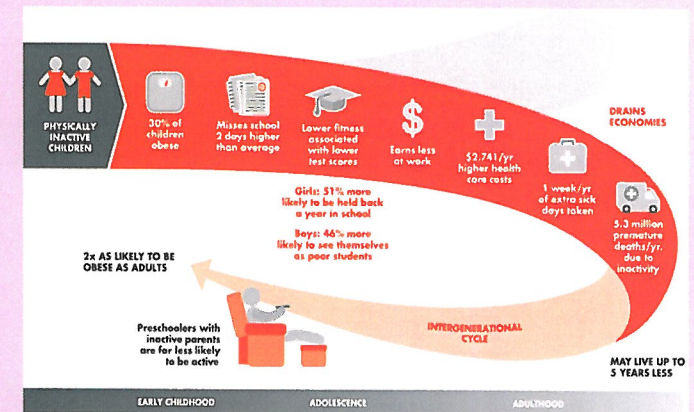
Session 4

Healthy lunch boxes and snacks, FAZ picnic party, and fun games with integrated key messages:

- Eat nutritious snacks
- Cut down on salt, sugar and fats
- Eat together as a family
- Parents/carers to be good role models
- Wholegrain contains more fibre and is more nutritious

The difference its made:

- 100% of children and families changed their eating habits



FAMILY ACTIVITY LEVELS

Why?

Why engage the whole family in physical activity?

“In recent research children were found to be LEAST active at weekends and evenings – when they were with their families”

International Journal of Behavioral Nutrition and Physical Activity 2012

‘17 per cent admit to buying toys and video games for their children to take the pressure off them when playing’

(Ribena Plus Play Report 2012)

“Almost half of parents (46%) want help and ideas on how to play with their Children”

(Ribena Plus Play Report 2012)

How?

How we engage families in physical activity?

Through the creation of a family friendly environment, participants learn about the importance of regular physical activity.

Parents are encouraged to interact with their children through fun games, stories and adventures



The difference its made:

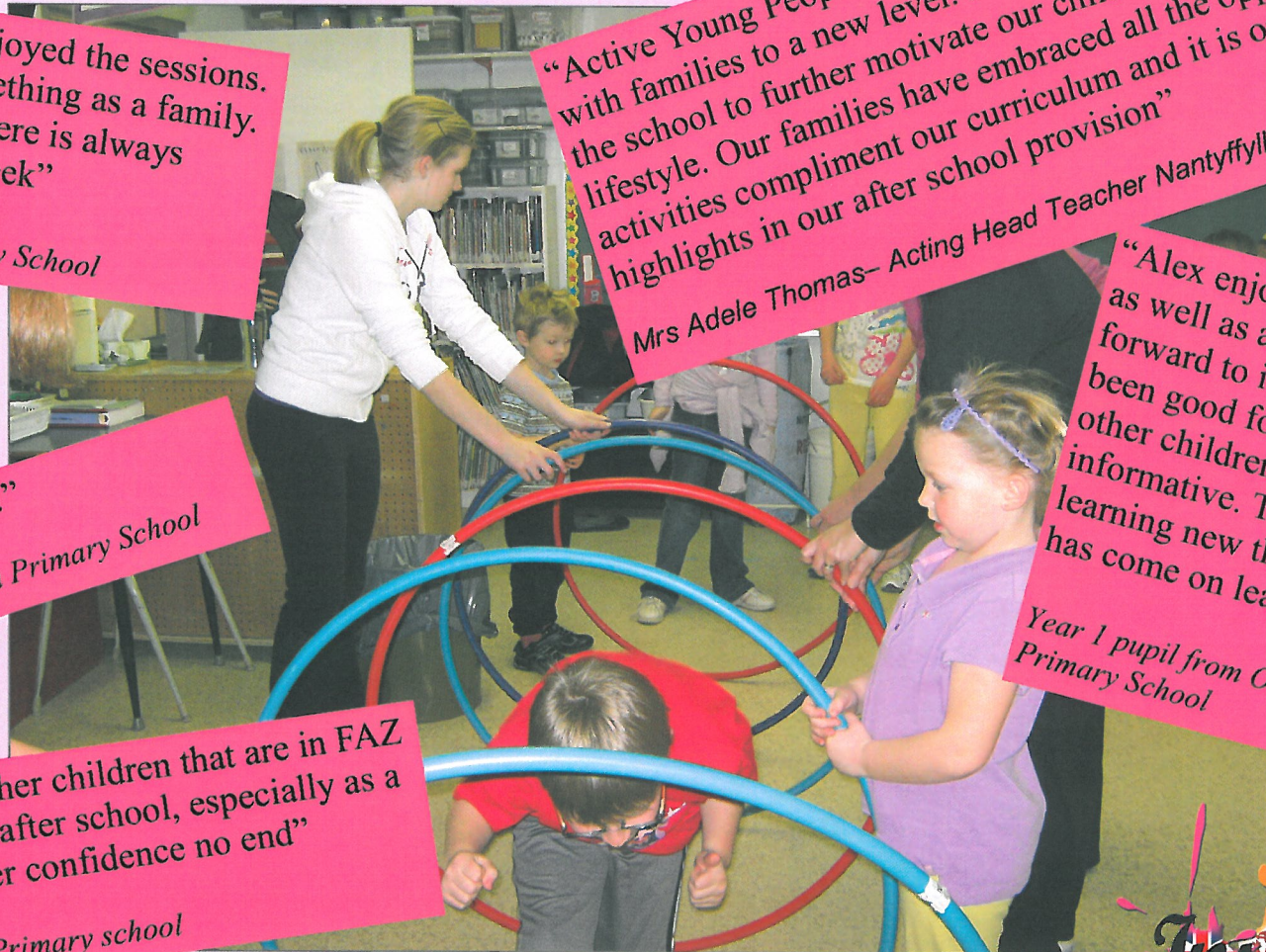
Family Play

- 100% of children and families attended 8 or more of the sessions
- 100% of children and families are engaging in family fun time for 40 minutes a day



ACTIVE YOUNG PEOPLE DEPARTMENT - HEALTHY LIVING SERVICES - FAMILY ACTIVE ZONE

FAMILY ACTIVE ZONE



“Thomas has thoroughly enjoyed the sessions. It has been lovely to do something as a family. It is always well planned. There is always something new to do each week”
Year 1 pupil from Litchard Primary School

“Active Young People and FAZ have taken our engagement with families to a new level. It has built on good practice within the school to further motivate our children into a healthier lifestyle. Our families have embraced all the opportunities, the activities compliment our curriculum and it is one of the highlights in our after school provision”
Mrs Adele Thomas- Acting Head Teacher Nanttyffyllon Primary school

“WOW this is Awwwwwesome!”
Year 1 pupil from Nanttyffyllon Primary School

“Alex enjoys FAZ on a Monday as well as a Tuesday. He looks forward to it every week. It has been good for him to mix with other children. FAZ is very informative. They have fun, learning new things in play. Alex has come on leaps and bounds”
Year 1 pupil from Oldcastle Primary School

“Isabella enjoys playing with other children that are in FAZ as she doesn't get to play much after school, especially as a team player. It has improved her confidence no end”
Reception pupil from Nanttyffyllon Primary school



