

# PARENT NEWSLETTER

Herefordshire is launching a countywide campaign to encourage families to ditch the short-term 'fat busting' diets and instead make small realistic changes to the way they eat and get active for the long term.

Wyvern FM is running a promotion in February and two presenters will be trying out some of the 8 top tips (right) with their families and encouraging listeners to get involved as well.

Visit [www.herefordshirechange4life.org](http://www.herefordshirechange4life.org) for events being organised locally such as Wii Fit Sessions, supermarket tours, led walks and secret sugar shows



## Change4Life

**8** how many ways are you changing? **change 4 life**



Want more tips to help you stay healthy and happy?  
Search 'Change4Life'  
Change4Life is supported across the Government  
department for children, schools and families  
Healthy Schools

## Let's dance with Change4Life – healthy fun for everyone!

Change4Life is here to help us all, but especially our kids, eat well, move more and live longer. And dancing is a great way for kids to keep active, as well as developing their confidence and imagination.

Every one of us has a dance inside us, and the Let's Dance with Change4Life information pack is full of tips and ideas to inspire you. You'll find plenty of activities and suggestions inside, from simple dance steps to get you started to dance games that are perfect for family get-togethers or children's parties.

So for ideas to help your family get up and dance, search 'Change4Life' online or call 0300 123 4567.\*

## Lunchboxes

### Adding Variety to a Healthy Lunch Box



Children can get bored with the same lunchbox ingredients. However, it is not always easy to get them to try new foods. Here are some suggestions for adding variety to lunch boxes and some tips on getting children to try new foods.

#### Tortilla

Take a tortilla spread thickly with hummus and fill with salad leaves chunky pieces of pepper and tomato. Add some carrot sticks, fromage fraise and a carton of pure apple juice.

#### Bagel

Toast a bagel, when cool fill with cream cheese and cucumber and some cherry tomatoes. Add a small pack of nuts, banana, and yogurt drink.

#### Walnut Bread

Walnut bread with cottage cheese and pineapple. Add a pot of rice pudding with some raisins to stir in and a bottle of flavoured water.

#### Pasta Salad

Pasta salad mixed with tomato salsa sauce. Add some cooked chicken and basil. Add a fruity muffin, pear and flavoured milk.

#### Cous Cous

Cous Cous with leftover roast vegetables and ham. A thick slice of malt loaf and a handful of grapes and water.

#### Smoked Mackerel

Smoked Mackerel and apple salad with a granary bun. A piece of fruit cake and a smoothie.

Children's Secretary Ed Ball has joined forces with comedian Bill Bailey to launch a new national advertising campaign to raise awareness of how alcohol can make young people vulnerable to problems such as unwanted pregnancies, road traffic accidents and poor marks at school. This government campaign aims to help parents work with their children to establish a safe and sensible relationship with alcohol and asks parents and young people 'Why Let Drink Decide?'

- Children are 12 times less likely to drink alcohol if their parents have set clear boundaries.
- You have much more leverage with your child than you think.
- As a parent/carer, you are the most important influence to your child and what you say and do will have a major effect on their relationship with alcohol.
- Children who drink regularly are more likely to get a criminal record.
- 6000 children under the age of 16 are admitted to hospital every year because of drinking.

Healthy Schools welcome this campaign as it come at a time when all schools in Hereford will be reviewing how Drug and Alcohol Education is delivered within their school setting. To visit the web site for more information use the following link.

[www.direct.gov.uk/whyletdrinkdecide](http://www.direct.gov.uk/whyletdrinkdecide)

## Dealing with bullying

If you suspect that your child is being bullied - perhaps by people in school or where they play or through messages sent by e-mail or mobile phone - you may want to get some support. Here are some organisations that could help you:

**Kidscape: 08451 205 204** <http://www.kidscape.org.uk/>

A helpline for parents and carers of bullied children 10am to 4pm Monday-Friday.

### Dealing with racist bullying

If you believe your child is the victim of racist bullying the site below gives very comprehensive advice.

<http://www.cumbria.gov.uk/childrenservices/bullying/racist/default.asp>

### The anti-bullying alliance:

<http://www.anti-bullyingalliance.org.uk>

An umbrella group of organisations campaigning against bullying

### Herefordshire Local Authority:

<http://www.herefordshire.gov.uk/education/schools/36259.asp>

Local advice on what to do if you think your child is being bullied at school.



## Useful websites.....

[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

Family life is complicated and Parentline Plus understands. They are the leading national charity providing help and support for anyone caring for children – parents, grandparents, step-parents, relatives. For families living together as well as apart.

[www.bbc.co.uk/barefacts](http://www.bbc.co.uk/barefacts)

Everything parents ever wanted their children to know about sex, love and relationships but were too embarrassed to tell them.

[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

The School Food Trust is a UK non-departmental public body, sponsored by DCSF that gives independent support and advice to schools and parents to improve the standard of school meals.

[www.bikeability.org.uk](http://www.bikeability.org.uk)

Bikeability is the Cycling Proficiency Test for the 21st century, designed to give the next generation the skills and confidence to ride their bikes on today's roads.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

YoungMinds provides a telephone helpline service to parents with a concern about their child's emotional problems or behaviour.

## Destination Africa

### Activities in museums and libraries for children and adults in February

Lots of cultural events are planned for Children, Young people and adults during February located throughout Herefordshire Libraries and Museums

Tickets available from the venue where the event is being held.

Places are limited and should be booked in advance to avoid disappointment.

For further details contact your local library or museum or check out the following websites:

[www.myherefordshire.com/events](http://www.myherefordshire.com/events)

[www.herefordshire.gov.uk/libraries](http://www.herefordshire.gov.uk/libraries)

[www.herefordshire.gov.uk/museums](http://www.herefordshire.gov.uk/museums)

