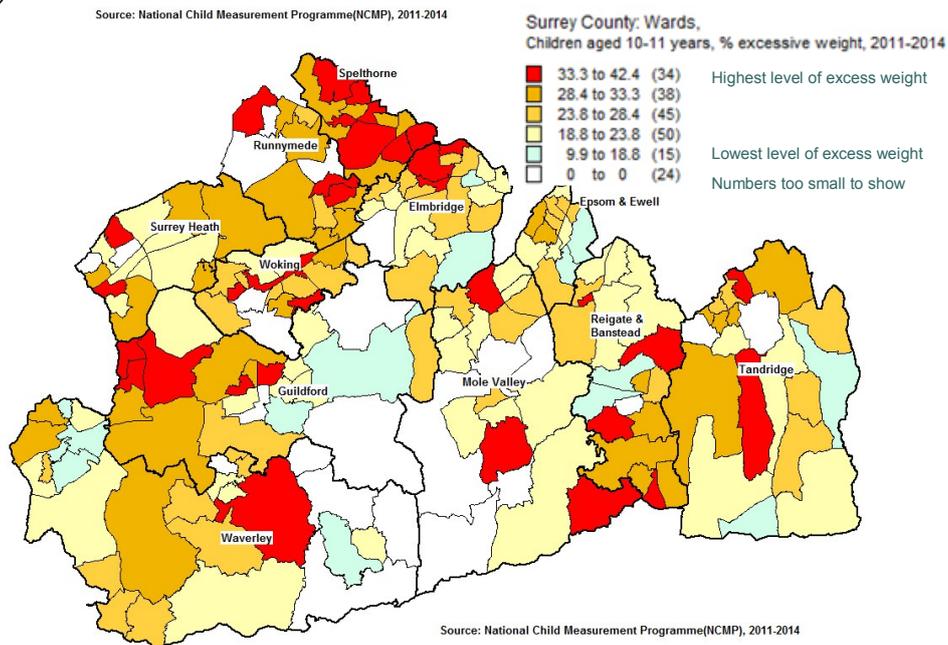
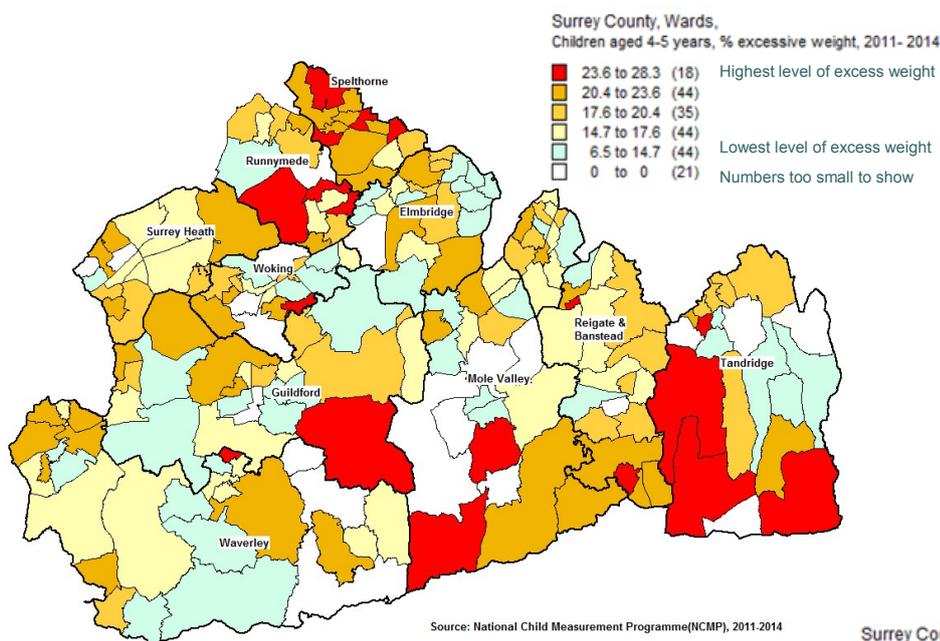


The National Child Measurement Programme in Surrey

The National Child Measurement Programme allows us to track what is happening with young children's weight in England and locally. This is important as the number of overweight and obese children in England has risen over the last 20 years. By measuring children we can see if the actions we are taking both locally and nationally are making a difference to children's weight.

The maps below show the level of excess weight of children in Reception Year (4-5 year olds) and Y6 (10—11 year olds) in Surrey wards.



For parents/carers, knowing their child's weight and height means they can check if their child is a healthy weight. [BMI checker](#). This newsletter includes information on some of the initiatives and services that can support parents to give their child a good diet and be physically active which will help keep them a healthy weight as they grow, and for those children whose weight is high to help them become a healthy weight in the future.

Run to Rio



This Summer Active Surrey is looking to get all primary school children moving a mile every day. Schools across Surrey will be challenged to get their pupils collectively walking or running the 5700 miles from Surrey to Rio to mark the start of the 2016 Olympic Games. Getting pupils moving a mile each day, in addition to regular PE lessons, has been adopted by schools across the country who have observed reduced obesity levels, improved behaviour and increased concentration in class. For more information or to get your school involved, please contact Elizabeth.duggan@surreycc.gov.uk

Change 4 Life / Physi FUN activity clubs



Change 4 Life/Physi FUN activity clubs are run after school in 43 schools in Surrey. These are led by the Active Surrey School Games Organisers and are aimed at engaging children who are at risk of becoming too inactive and those that do not enjoy PE and physical activity. These clubs run Physi FUN activities which focus on core skills of agility, balance, coordination, fitness and incorporate elements of healthy eating. Schools that have Change 4 Life activity clubs are sent two 'tackling inactivity' newsletters each term. Training will be given to Y5 and Y6 pupils to enable them to become physical activity 'ambassadors' to support the activity clubs. Y5 and Y6 pupils in 80 schools will be trained as young leaders to support physical activities in their schools. Contact Ally Reid, Sport Project Officer (ally.reid@surreycc.gov.uk) for more information.

Where to find activities for children in Surrey



The Active Surrey Activity Finder is a great way to find a new sport or physical activity. Local clubs and societies have listed their offerings – from beginner sessions to searching out returning participants. There are hundreds of free taster sessions to choose from. Click [Activity Finder](#) to

Surrey Eat Out Eat Well award



When eating out do you find it difficult to find places which don't just offer sausages and chips, or chicken nuggets and chips on their children's menu? Eat Out Eat Well is a healthy eating award scheme designed to assist caterers to offer healthier options for adults and children. It includes a specific category aimed at children's food. Either smaller version of adults' meals could be made available, advertised and should include a fruit option for desert. Alternatively if a children's menu is available there should be an alternative to deep fried chips, at least one portion of vegetables served as part of the meal, with a fruit option for desert. No added sugar drinks should also be available in place of sugary drinks. To find an Eat Out Eat Well award winner near you visit www.surreycc.gov.uk/eatouteatwell.

Breastfeeding—best start for babies



Surrey Children's Centres are working in partnership with health providers to meet the [Unicef Baby Friendly Initiative](#) Standards, in order to support the best nutritional start and build close loving relationships in life for all babies and families.

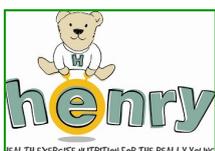
Surrey infant and child feeding guidelines

[Surrey infant and child feeding guidelines](#) provide up to date, evidence based information for staff and families.

Dental health for children

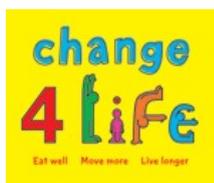
For information about how to look after children's teeth including advice about a healthy diet visit <http://www.healthysurrey.org.uk/your-health/dental-health/>

HENRY for a good start in life



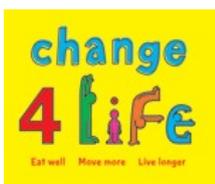
The HENRY group programme in Surrey helps parents and carers give their babies, toddlers and pre-school children a healthy start in life. Through a series of 8 weekly sessions, HENRY offers practical tips and positive ways of guiding children's behaviour, encouraging healthy eating habits and activity levels and supporting their emotional wellbeing. HENRY groups are run at Children's Centres across Surrey, and offer a practical cookery skills session as part of the group. For more information and a list of when and where groups are running each term please visit: [Surrey Nurturing Links](#).

Change 4 Life Sugar Smart



Do you know how much sugar is in a can of cola? A muffin? A fruit yoghurt? You can download a free app for your smartphone if you sign up to this year's [Change 4 Life Sugar Smart](#) campaign. The app allows you to scan food packs at the shops to find out which ones have the most and least sugar, which can help you make healthier food choices for your family. The Sugar Smart website also has information on healthy eating and lots of lovely recipes to try out.

Surrey Healthy Schools



As part of Surrey's 2016 [Change 4 Life Sugar Smart](#) campaign, children, parents and staff in six primary schools will be taking part in additional activities. These include healthy eating workshops for children, healthy eating talks and food tasting for parents and training on improving lunchtimes for lunchtime supervisors. The activities will take place in January and February to coincide with the local and national Change for Life campaigns. For more information on Change 4 Life in schools contact diana.hansford@babcockinternational.com or for general information on how Surrey Healthy Schools assists schools in developing good practice in healthy eating and physical and mental health and wellbeing visit the [Surrey Healthy Schools](#) website.

Weight management for children and young people and families

Is your child 5-19 years? Do you know of a child /young person who is overweight? Are you concerned about their weight?

Use the [Child's healthy weight calculator](#) to check if the child is a healthy weight
For weight management support for children/young people and their families, contact the school nursing team where you live in Surrey—see below.



Mid Surrey—Epsom and Ewell, Mole Valley, Elmbridge, Banstead and Tattenham

Central Surrey Health school nurse teams are providing the **Healthy weight healthy lifestyles** one to one support programme for children and young people age 5-19 years who have a BMI above the 91st percentile and their families who are registered with a GP within the mid Surrey area (Epsom and Ewell, Mole Valley, Elmbridge, Banstead and Tattenham).

The children/young people can enrol in a structured programme of six 'face to face' contacts over a three month period which focus' on topics such as motivation, food and diet, understanding food labels, healthy snack ideas, physical activity, healthy weight and improving lifestyle choices. The children/young people are encouraged to do more physical activity and are offered leisure passes, pedometers, apps and information leaflets, etc. Families can self-refer or referrals can be via a health professional. Please email avril.phillips@nhs.net or telephone **01306 748 901**

North and west Surrey —Waverley, Guildford, Surrey Heath, Woking, Runnymede and Spelthorne

Virgin Care school nurses service are offering children and young people aged 5-19 years, supported by their parent/carer the opportunity to join the innovative **Healthy weight healthy lifestyles** programme that supports lifestyle change and a healthy weight. The programme offers six fortnightly sessions and a six month follow up contact and support through local authority. For more information and a copy of the referral form please contact email: caroline.richards3@nhs.net or telephone **01932 569 170**

East Surrey—Tandridge and most of Reigate and Banstead

First Community Health and Care school nurse teams are offering children and young people aged 5-19 years who are overweight or obese and their families the opportunity to attend their **Feel Well** weight management programme from 1st February 2016. Please telephone the school nursing teams on **01737 777702**.

For parents and staff concerned about their own weight—please see [Adult weight management](#)