module 2

Creative Champions

Aims:

This module aims to support Change4Life Champions to think of lots of creative ideas and activities they can use to share health & wellbeing messages across the whole school.

Module outcomes:

In this session Change4Life Champions will be able to:

- Explain the importance of creating a range of opportunities for sharing the Change4Life message across school
- Identify the skills and qualities used in the role of a Change4Life Champion
- Identify when during the school day the messages can be shared i.e. curriculum, before and after school, break, lunchtime, home
- List the places in school where health & wellbeing messages could be shared
- Share the Change4Life messages using a range of methods across the school
- Think of useful resources to help the Change4Life Champions fulfil their role effectively.

Materials required for delivery of suggested activities:

- Times and Places Grid sheet (one for every four participants)
- Message method card sheet (two sheets for every four participants)
- Flip chart and pens
- Paper A3 and A4, pens, old magazines, scissors, glue, sticky tape.

activity 1

Introduction

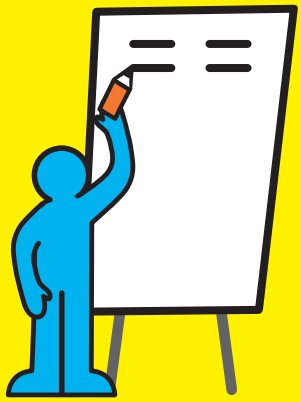
- Explain the importance of creating a range of opportunities for sharing the Change4Life message across school
- Identify the skills and qualities used in the role of a Change4Life Champion

Introduce the aim of the activity and how the role of the Change4Life Champions is to promote health and wellbeing across the school day both in and out of lesson time.

Before you start to explore how and what this might look like in their school, ask the Change4Life Champions for examples of skills and qualities which they feel they might need to be good at their role.

Record these to flip chart and display.

Explain how they can work as a team; that one member may be a natural leader, another may be great at using computers, others may be really creative or another keen on writing.



Emphasise that they can work as a team of champions in school and they can learn from each other. They don't have to have all the skills and qualities each.

notes

activity 2

- **Identify when during the school day the messages can be shared i.e. curriculum, before and after school, break, lunchtime, home**
- **List the places in school where health & wellbeing messages could be shared**

Ask each group to imagine arriving at school in the morning and going through their school day.

Work in groups to think of all the different times during the school day where they can share Change4Life messages. Record this to flip chart.

Tease out all possible times of the school day to include:

- Before school
- Morning lessons
- Lunchtime
- Break
- Home
- Assembly
- Break lessons
- Afternoon Lessons
- After school

Ask one person in each group to record each suggestion onto their blank grid sheet as they are called out. One suggestion to be written in each box.

Explain that all these times provide opportunities for sharing messages and that different ways of doing this will need to be identified.

Explain this is what the focus of the workshop is.

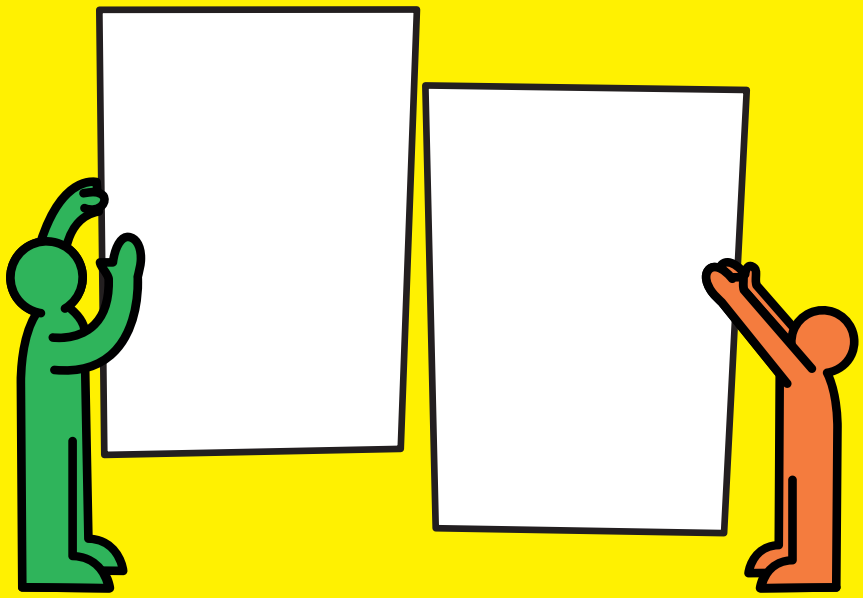
Next, ask the group to think of where across the school messages can be shared. Record these to flip chart, ensuring the following are included:

- Entrance hall
- Playground
- Fencing
- Lunch hall
- Corridors
- Walls
- Newsletters
- After school clubs
- Classrooms
- Cloak room
- Toilets
- PE hall
- Doors
- Tuck shop
- Book bags

As before, ask one person in each group to record each suggestion onto their grid sheet as they are called out. One suggestion to be written in each box (there may be some empty boxes, this doesn't matter).

Again, explain all these places provide opportunities for sharing messages and that different ways of doing this will need to be identified. Explain this is what you will now be exploring next.

Display both the flipchart sheets.



activity 3

- **Share the Change4Life messages using a range of methods across the school**

Give each group a set of 'Champion Message Method cards' and an A3 'Times and places' grid.

Groups discuss and place 'Message Method' cards onto the time or places they feel they could best be used to share messages. More than one card can be placed in the same square on the grid.

Visit each group to support/discuss their ideas and decisions. For example:

(a) Posters can be used on notice boards, backs of doors, toilets, cloak rooms

(b) Written articles could be used in a school newsletter, in local newspapers, on school website

(c) Leaflets can be distributed through book bags, parents evenings, sports days, playgrounds after school etc

activity 4

- **Identify resources useful in helping C4L Champions fulfil their role effectively**

Share 5 suggested Health & Wellbeing messages, displayed on a flipchart, such as:

Sugar swaps	Swapping food and drink with added sugar for options that are lower in sugar or sugar-free
5 a Day	Making sure kids eat at least five portions of a variety of fruit and veg every day
Meal time	Making time for regular meals to help avoid unhealthy eating habits
Me size meals	Making sure kids eat the right sized portions for their age and size
60 active minutes	Making sure kids do at least 60 minutes of physical activity - like playing outside, walking or swimming - every day
Up and about	Limiting 'sitting down' activities, like watching TV or playing computer games, and encouraging kids to do something more active

Each group select one of the five health & wellbeing messages and spend 20 minutes in their school pairs, thinking of a way to promote the message in their school, using the materials available. Each pair can create a finished product/article.

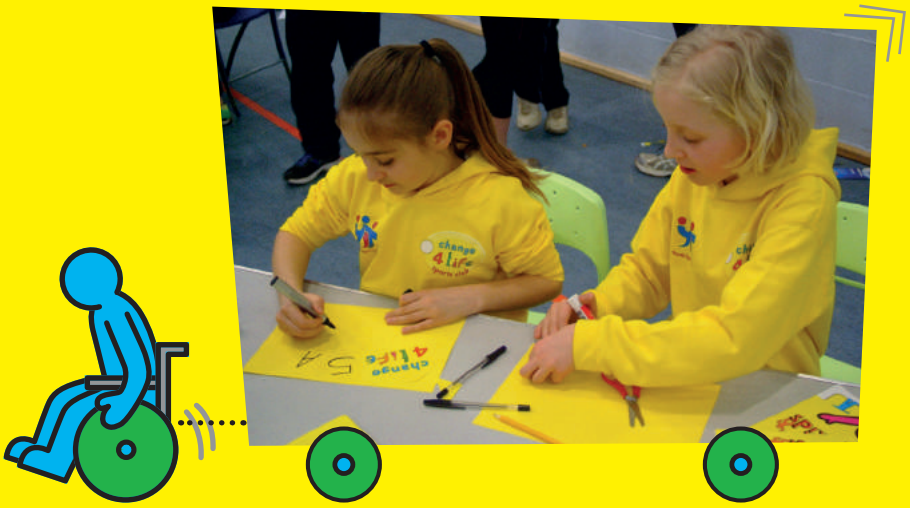
Encourage them to be creative so that they can take it back to school with them to get them started in their role. For example:

- A poster to encourage pupils to eat more fruit and veg; 5 a day
- A banner that explains limiting 'sitting down' activities
- A leaflet to get people more active '60 active minutes'
- A quiz for use in an assembly

SUMMARY

Revisit the module outcomes and ask the participants what they have learned and achieved during this session.

This can be the first piece of work as a Change4Life Champion they can use in school.



notes