



**The Healthy Lives Team supports schools, pupils and families with everything to do with health and wellbeing. We want to help you to live fitter, healthier and happier lives.**

We are incredibly proud in Tower Hamlets to have supported schools to gain more Healthy Schools awards than any other borough in London. So please use this newsletter in whatever way suits you best to stay as fit and healthy as possible.

If you're in a school, please share this newsletter using your social media or website using the following **share** button, or you can click the hyperlink in the top right corner of this email:



Just to let you know, you're receiving this because you have either opted in to get emails from the council relating to children and education, or you are one of the Healthy Lives team's regular contacts, or you may also have been forwarded this email from your school.

If you know anyone who would like to sign up to this newsletter, please send them the following link. They will need to close the initial pop-up subscription box and complete the one on the main webpage. They will then need to choose Children and Education as their preferred topic:

[www.towerhamlets.gov.uk/signup](http://www.towerhamlets.gov.uk/signup)

Take care,

The Healthy Lives team at London Borough of Tower Hamlets.

**Here's a selection of fun activities and helpful information for you and your family...**



**Mental health support for adults**

Mind provides advice and support to empower anyone experiencing a mental health problem. Here you'll find reliable information and tips to help you cope including practical tips to manage feelings of loneliness and ways to get support; information about how to manage stress and much more.

[Find out more >](#)



### Building games

Living room forts are the stuff amazing childhood memories are made of. Round up your blankets, sheets and cardboard boxes, as Today's Parent has got the blueprints for the perfect indoor fort for kids.

[Build a fort >](#)



### A good bedtime routine

A good routine is important to help children to develop better sleeping habits. The Children's Sleep charity have put together some helpful tips for parents, to help support a good bedtime routine for children.

[Learn more >](#)



## Pencil and paper games

Today's Parent have created a must-play list of pencil-and-paper indoor games that will keep kids entertained. Gather some pencils and paper and check out their [best of pencil-and-paper games](#). These games are suitable for many ages.

[Pencil and paper fun >](#)



## Kickstart your health with Better Health from the NHS

Your health matters. There has never been a better time to kickstart your health and Better Health has a range of tools and support to help find what works for you. If you are overweight or living with obesity, lowering your weight can help reduce your risk of developing serious diseases.

The Better Health site has a range of evidence-based tools to help people change their eating habits, get more active and lose weight.

- a free app to help you plan your weight loss
- a diabetes prevention programme
- information about other weight loss programmes
- different ways to get active

You can also register to get promotional materials such as posters and social media resources.

[Register for resources >](#)

[Better Health here >](#)



### The Voices Foundation

The Voices Foundation is an award-winning national charity which use the power of singing to improve the lives of children and young people in the UK. Their aim is to improve musical, educational and personal outcomes for children aged 0-18 through singing. They offer schools a range of school packages and their YouTube channel has lots of fun sessions to promote singing.

[Fun singing sessions >](#)



### Animated parenting tips

Families Under Pressure is a series of 12 short films offering parenting tips featuring the recognisable voices of a host of well-known parents, including Olivia Colman, Holly Willoughby and Romesh Ranganathan.

[Parenting tips >](#)



## Pollinating Insects Spotter Guide

Did you know that garden plants help to support a range of pollinating insects? This handy pollinator spotting guide will help children and adults identify and compare pollinating insects in the garden or their local environment.

[Pollinating insects >](#)



## Exam grades in Tower Hamlets

The Tower Hamlets Youth Council and Young Mayors have recorded a quick guide on how exam grades are being awarded this year, without exams.

A-Level results come out this Thursday 13<sup>th</sup> August and GCSE results are released the following Thursday 20<sup>th</sup> August.

Ofqual have also made a video guide.

[TH exam help >](#)

[Ofqual video guide >](#)



## Star Qualities

Sometimes people find it hard to believe positive things about themselves and for many it is easier to believe the negative things. Young Minds Star Qualities activity will help you to take notice of your successes, strengths, talents and interests, building resilience, self-esteem and confidence.

[What are your star qualities? >](#)



### Paignton Zoo – live flamingo webcam

Enjoy looking at Paignton Zoo's resident Chilean flamingos and duck species enjoying their peaceful lagoon exhibit, with a camera view that changes every 30 seconds.

[Flamingo fun >](#)



### Sustrans Outside In activities

Get weekly inspiration and resources for activities, games and challenges for children. Sustrans *Outside In* activities include videos, games, weekly challenges, themed activities and more.

Designed by Sustrans knowledgeable, experienced and fun-loving Schools Officers, the four-week activity pack is full of cycling, walking and scooting themed fun.



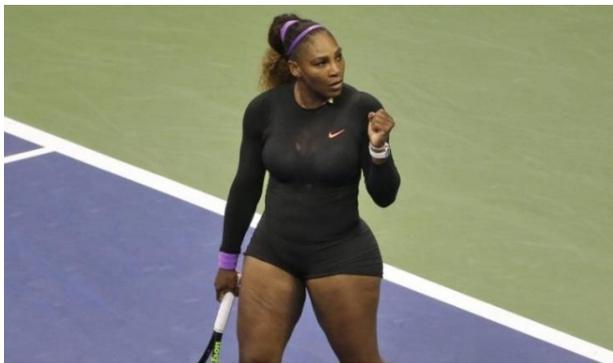
### Take on a comedy challenge

The National Trust have partnered with comedians from The Stand Comedy Club to challenge you to put on a performance for family, friends, classmates or colleagues!

Whether you want to put on a play, write a joke or perform a chapter from your favourite book, they've got some tricks up their sleeves to help. Watch this video and start your comedy challenge today.

[Make some laughs >](#)

### And remember...



**"Everyone's dream can come true if you just stick to it and work hard."**

Serena Williams



The Healthy Lives Team want to support you with all aspects of health and wellbeing. We will be sending you regular newsletters that will be relevant whether you are at home with your children, working from home or at school.

Please feel free to share this email.