



**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.

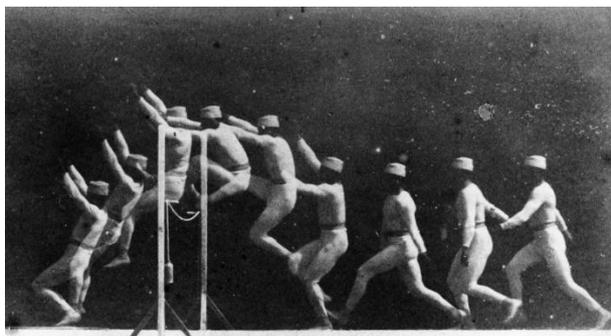
If you know anyone who would like to sign up to this newsletter, please send them the following link. They will need to close the initial pop-up subscription box and complete the one on the main webpage. They will then need to choose Children and Education as their preferred topic:

[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...**



**Objects and Stories at the Science Museum**

Explore their collection beyond the museum floor and find out the fascinating histories behind even the smallest objects. Objects and Stories aims to give you better access to this world-class museum through their ever-expanding digital resources.

[Explore more >](#)



### Quick homemade snack ideas from Change4Life

DIY snacks can be healthier and often cheaper than packaged ones. Preparing them with the kids can also be lots of fun and a great activity to do together. Your children will love these great snack ideas so why not give them a try today!

[Yummy ideas >](#)



### Get lost in a topsy-turvy world

See Seaton Delaval Hall in Northumbria like you've never seen it before! As part of their Rising Stars partnership, the team there has been working with students studying a Masters in Animation at Northumbria University, to create short animations inspired by the Delaval family's sense of fun and mischief. Can you make a topsy-turvy world too?

[Discover here >](#)



### Milk container bird feeder

Instead of throwing your used milk containers away, make productive use of them by shaping them into something unique. If you have a host of birds flocking in your garden or you want to have some come to your balcony, then create some enticing bird feeders.

[Get creative >](#)



### Get ready for the return to school

In the next few weeks, all children and young people in Tower Hamlets will be required to go back to school. Our schools are safe places and the best place to learn and staff have been working hard throughout lockdown, and all summer, to prepare them for the new year.

Visit [www.towerhamlets.gov.uk/backtoschool](http://www.towerhamlets.gov.uk/backtoschool) for the latest advice, information and support, plus answers to some common questions. Be sure to check regularly as it is being updated constantly.

**We look forward to welcoming you back in September.**

[Back to school >](#)



## Tower Hamlets Summer Activities 2020

There are still a few weeks of summer left and there are still lots of activities to keep kids and teens busy and most of them are absolutely FREE. So whether it's an online photography workshop or music production lessons, there's something for everyone.

[Find out more >](#)



## Join the Disability Sports Coach summer festival

Disability Sports Coach are running a free Virtual Summer Festival this year, in place of their usual event. The four-day event will feature a mixture of sports sessions, fun activities and expert panels.

It'll take place via Zoom throughout the day, from **Tuesday 25 to Friday 28 August**.

[Sign up here >](#)



## Home grown skills

Learning doesn't only happen in the classroom. We learn some of the most important life skills at home and from other experiences. These activities from Yes! Futures will support young people to develop key skills such as confidence and resilience, as well as improve overall wellbeing.



## Your back to school questions answered

Children and young people from Tower Hamlets recently put their questions on going back to school to Katie Cole, the Council's Associate Director of Public Health for Children and Families.

[Tune in >](#)

## Don't delay getting a test if you have Covid-19 symptoms

If you experience Covid-19 symptoms (a high temperature, a new, continuous cough, or a loss or change to your sense of smell or taste), make sure you book a test straight away. **You need to get the test done in the first five days of having symptoms.**

NHS Test and Trace is a national programme that enables anyone with symptoms to get tested quickly. Mobile testing units are operating in the borough and are another way to get tested, alongside ordering a home testing kit. **The next mobile testing dates are 28 and 31 August.**

We are also asking you to [share your thoughts](#) on the Test and Trace programme so that we can make sure it's as effective as possible in Tower Hamlets.

**If you have symptoms of Covid-19, please book a test immediately – do not wait.**

[Book a test >](#)[Find out more >](#)



## Tower Hamlets coronavirus advice

The government has released further information on the next phase of the national response to coronavirus. We are continuing to work with our partners across Tower Hamlets to help tackle the spread of the virus and to make sure that our residents, particularly those most vulnerable, are given all the support they need.

[Find out more from TH >](#)



## 10 top tips to encourage children to read

Click on the link below to access information to help parents think about ways to make reading enjoyable and engaging. Parents, carers, guardians and families can use this advice to encourage and support their children's reading.

[Top tips here >](#)

## And remember...



**“The man who moves a mountain begins by carrying away small stones.”**

Confucius



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.