

Health Ambassador programme



A Health Ambassador is someone who will be responsible for reinvigorating and planning your school's focus on mental and physical health. Our Health Ambassadors include headteachers, members of SLT, class teachers, SENCOs, sport coaches, and HLTAs.

Health Ambassadors attend two days of CPD to plan and facilitate mental and physical health programmes in PE, PSHE, Science, and Food Technology. They identify a health focus for your school, and we help them to plan a suitable whole school programme which aims to improve children's physical and mental health with movement, healthy eating, and healthy thinking. Many choose to focus on healthy lunchtimes, supporting parents and families, improving teachers' knowledge and confidence to teach health and wellbeing activities, and even support for teachers too, to feel as healthy in their minds and bodies as possible.

We save teachers time and worry by providing a Scheme of Work with 160 lesson plans for mental health, and nutrition and healthy habits, which can be used from EYFS through to Year 6 within current curriculum lessons, or as extra curricular resources. Health Ambassadors are also invited to join our Children's Health blog, a daily interactive resource online, where children answer thoughtful questions, feel inspired with movement activities and take recipes home to try.

The training programme includes:

- 2 days CPD
- 160 activity Scheme of work
- Access to our online resource
- Ongoing support
- A case study after one year



Cost: £450 + VAT per delegate

FREE information sessions

We are holding two free information sessions about how the Health Ambassador programme can benefit your school, and would love it if you could join us. The sessions will be held at schools which have been part of our project for the last year, so you can hear from them and see how they have incorporated the resources into their daily life at school.

Thursday 14th June - St Thomas' Infant School, Brentwood - 4-5pm

Tuesday 19th June - East Hanningfield School, Chelmsford - 4-5pm

To book

Email: lesley.binnell@impetus-education.co.uk

Website: <http://impetus-education.co.uk/>