



## Healthy Champions.

At RBPS we recognise the importance of eating healthy and promoting health and wellbeing within school. We believe it is important for children to be able to make their own informed choices around their own health and wellbeing.

### What are Healthy Champions?

To support their peers in maintaining a healthy diet and lifestyle we have a group of Healthy Champions from Years 5 and 6 (2 from each class). These Healthy Champions work closely with the Personal Development and PE teams to help drive forward positive healthy choices within school.

### What do Healthy Champions do?

The champions promote and support healthy lifestyles in the following ways:

- Be advocates for healthy eating within school.
- Work with the PE team to promote healthy lifestyle choices.
- Support within the dinner hall and discuss healthy eating.
- Work alongside the KS1 team to distribute milk to the younger children at playtime.
- Organise and distribute the fruit to the KS1 and Foundation team.
- Work alongside the PE team during sport and wellbeing week.
- Liaise with children in school and the catering team to discuss the menu choices.
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Where the children cannot offer support themselves, they refer to teachers.

The Healthy Champions will be known around school and will always be on hand to listen to their peers' suggestions for ways to stay healthy whilst supporting them to make informed healthy choices.