

## Family Health and Wellbeing Programme

Phase	Purpose	Target	Delivery Details	What is a Successful Outcome?	Outcome Measures: Details
Phase 1: Curriculum Intervention	<b>PREVENTATIVE EDUCATION</b> » Healthy Eating » Physical Activity » Goal Setting/My Support Network » Good Things + Impact on ME » Family Letter	All year 5 Students: >720 pupils	WHO: Teachers WHERE: classroom + schools WHAT: 5 lessons, WB, PE WHEN: May 5 DURATION: 3 hrs per week, 5 weeks	an improvement in student health related knowledge  student: 10 Indicators of HQ PE	Questionnaires: Health Related Knowledge- create our own? LSBU to advise on validation POST: at the end of 6 weeks Assessment For Learning [observation]: ON-GOING FOLLOW UP: 12 months  PRE: Baseline before start of the 5 week
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Phase 1.5	<b>Family Workshop:</b> an evening of Health Related Knowledge and provide opp to access add'l support	Families of all 5 year students	WHO: WB Team WHAT: WHERE: WHEN: at the end of 5wks DURATION: a couple of hours?	Health Literate Family  Families have increased awareness of local resources + support	Parent Q + A: CHQ  Parent EVAL: CREATE-What local progs were they aware of? Which ones are they interested in?
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Phase 2: Out of Hours club- 15 kids x 11 schools	<b>RE-ENGAGEMENT</b> to enhance PA Levels  ↓ BMI and WC  To reinforce importance of Health	Kids are identified based on their health related behaviours- <b>ID Criteria:</b> Results from phase 1 Q+A pre/post, Observation	WHO: TA's + Coaches WHAT: PA Sessions +health msgs WHERE: with the schools WHEN: immed following phase 1.5  DURATION: 2hrs a week, for an entire academic year	Higher PA participation  Sustained Commitment to PA: Joined Clubs, Sports, Active in comm  ↓ BMI and WC	Attendance: Weekly PA Calculator: <b>need to create</b> Same Q &A from phase 1 Value of PA: PRE/POST  Physical Measurements: H,W, BMI, WC

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Phase 3: Community and Family based activity	this will be determined by the results of phases 1, 1.5, 2 + parent feedback + funding				