

Staff CPD



Talking to children & families about weight

Children sometimes start conversations about their weight and it is best to be prepared to have these conversations either with children or their parents. The University of Bath has created an [e-learning module](#) and [guidance booklet](#) to support parents to talk to their children about weight in a positive way.

OLLIE Training

For schools that are signed up to the Ollie programme, there are online training sessions designed to increase knowledge and understanding around healthy lifestyles and obesity within adults and children.



[Nutrition awareness for those working with children](#) - The course includes key information regarding the amount of sugar, salt and fat that children should have and the potential impact on their health if they exceed the recommended amounts. The course also highlights the 'hidden' sugar and salt in our daily foods.



[Healthy Lifestyles for all](#) - we will look at the benefits of physical activity and a healthy balanced diet as well as examining ways of maintaining a healthy weight.



[Adult Obesity](#) - aims to enable you to understand more about adult obesity including the causes and its impact.



[MindED](#) - tool to help schools and other sectors to respond positively to ideas around mental health, and work together to build confidence and resilience in their children and young people.



School Food Standards

Understanding the School Food Standards is a simple way of ensuring children are eating a balanced diet during the school day, from the food provided during your wrap around provision to school lunches.

The [Healthy Telford blog](#) details some resources we have created to help support your school to meet the School Food Standards across the whole school day. These include some checklists to help you audit your current provision and top tips posters for food ideas that comply with the standards for all potential meals. We have also pre-recorded a webinar providing an overview of the standards and the local offer which can also be found on the blog

If you would like support to ensure your school is complying with the school food standards, please contact us at healthimprovement@telford.gov.uk