

## **Health Ambassador Pilot Programme Case Study**

### **Context**

The Health Ambassador Pilot aimed to empower young people to not only make informed choices regarding their own health, but to allow them to inspire younger children both within school and in the wider community. The barriers faced by primary schools regarding transport and staffing were considered in the planning of the programme and sessions were delivered within each school and during the school day.

### **What you will receive**

- **6 x 2-hour weekly sessions delivered by TeamMCR within school** for 10 of your Key Stage 2 pupils. They will become your schools 'Health Ambassadors'
- The sessions will cover the following health topics, the importance of being active, **healthy eating, healthy sleep and a healthy mind**. Please note; a member of your school staff is required to be present.
- The sessions will also focus on upskilling your **'Health Ambassadors' to then deliver weekly after school clubs for Key Stage 1 children**, focusing on improving physical activity levels and introducing other elements of a healthy lifestyle.
- The **final session will be delivered at the Manchester Institute of Health and Performance** and celebrate the children's learnings.
- **Children will complete a workbook throughout the 6 weeks**, resulting in a fantastic opportunity to evidence the impact of the programme and the impact they can now have within school.
- **The programme was created in line with much of the School Games mark requirements** meaning it provides excellent evidence for future applications – involving the areas of **engaging children in the promotion of 60 active minutes, involvement of youth voice, leadership opportunities within school and support across transition through the varying key stages**.

### **What your school will do**

- **Select 10 Health Ambassadors from either years 5 or 6** who will benefit the most from extra support regarding making positive health choices.

- **Select a target group of year 2 children** who would benefit most from more opportunity to be physically active.
- **Provide a space for 2-hour weekly sessions over 6 weeks within your school.** Ideally with a room with a screen for the first hour then an outdoor space for the second hour.
- **Attend the final session of the 6-week programme at Manchester Institute of Health and Performance.**
- Be in regular contact with ben@teammcr regarding the arrangement of sessions and opportunities to receive feedback.

## **Case Study**

### **Intent**

The work was motivated by the alarming rates of obesity and poor health in deprived areas within young people. The need to not only focus on physical activity levels but provide a varied programme of health opportunities is paramount for many young people across Manchester.

**Young people are involved in the co-design of the project through constant discussions during sessions and the creation of their own games and ideas.** The sessions delivered by the year 5/6 Health Ambassadors within school not only focus on providing opportunities for young people to be active but also incorporate simple messages about other health topics. For example, one group decided that during a target throwing game they would differentiate the hoops by labelling them as different food groups. Hitting the fruit and vegetables target would get them 2 points, whilst hitting the fats group would lose them a point.

### **Target Group**

**The target group for the Health Ambassador Programme is upper Key Stage 2 – years 5 or 6.** Schools will select their own Health Ambassadors, in order to make the biggest impact children who are currently not making the best choices around their own health should be selected.

The Health Ambassadors will then deliver a weekly after-school club within school for children in either Year 2 or 3 who are not currently active and require further opportunities to inspire positive health choices.

### **Implementation**

**During the sessions, children will complete a work booklet whilst learning from the created PowerPoint material on each topic.** They would then have a period of time to plan their session for the week in their booklets and discuss how they can make their

session easier/harder and how they can incorporate a simple message about health into their activity.

**At the end of the programme the school will be invited to attend a celebration event at the Manchester Institute of Health and Performance (MIHP) with Nuffield Health.**

Children will get the opportunity to test themselves with the equipment at MIHP and deliver a session for other schools to demonstrate what they have learned.

### **Impact of pilot programme**

The Health Ambassadors within School loved the sessions and looked forward to them every week, the feedback from both pupils and staff on the sessions within school and the after-school clubs delivered as a result were brilliant.

Children were asked in their work booklets at the end of each session 'How did you enjoy today's session' the options were Excellent, Good, Average, Poor, Very Bad.

### **Out of the 72 responses**

Excellent – 41

Good – 25

Medium – 2

Poor – 0

Very Bad – 4

### **One Teacher said**

'We are seeing a really positive impact from the new Health Ambassadors program. It is not only benefiting the participating pupils by giving them confidence, independence, and new skills, but it is also helping them support our younger pupils to enjoy a wide range of activities. This supports the school's wider agenda to ensure that all pupils engage in physical activity for at least 60 minutes per day.'

**Pupils reported various things they would do differently in the future regarding their health such as**

‘Be active for 1 hour a day and use my wristband to track my activity’

‘Have 5 fruit and veg a day and have more water (6-8 cups a day)’

‘Reduce screen time, don't go on my phone when I'm going to bed’

If having concerns about having a Healthy Mind ‘You can tell ChildLine, teachers, trusted adults and being more active might help’

**What did you learn over the 5 weeks**

‘Protein helps build up the body, carbohydrates give you energy, dairy keeps our bones and teeth healthy, fruit and veg helps give us vitamins and fiber and fats/sugar store energy and protect your heart and lungs’

‘Having a balanced diet helps me be healthy’

‘Being active helps you get a healthier heart and exercise gives you stronger bones and muscles’

**What simple message can you pass onto younger children**

‘You should eat a balanced diet and drink 6-8 glasses of water a day’

‘Exercise helps your heart get stronger’

‘Tell a trusted adult, teacher or ChildLine’ if you have any worries

**Children reported being most proud of**

‘I was proud of creating fun, imaginative games for the y2 children. I also like that we worked as a team’

‘My favourite part was teaching the year twos how to stay healthy and have fun’

‘I'm proud of how I've learnt how to stay active for 1 hour and to have a healthy mind’