



The Lancaster Model

Health and well-being links following the Year 6 TLM

Please can you share these links with the Year 6 pupils in a PSHE session and/or share with parents/carers.

The links will have popped up at the end of the questionnaire but we appreciate that pupils may not of had the time to access them.

For Year 6 pupils

For ways to stay healthy please visit the Kent Youth Health website

<https://www.kentyouthhealth.nhs.uk/topic/child-health-general/>

Additionally, below are some further resources you might find helpful

Healthy Eating. Better Health - Food Facts <https://www.nhs.uk/healthier-families/food-facts/>

Physical Activity. Better Health - Activities for Kids <https://www.nhs.uk/healthier-families/activities/>

Internet Safety. UK Safer Internet Centre <https://saferinternet.org.uk/guide-and-resource/young-people/resources-for-3-11s>

Transition. BBC Bitesize - Starting Secondary School
<https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1>