*Back to school and physical activity*

Dear <<insert name of school>>

A physical activity partnership from across the Yorkshire and the Humber region is excited to announce the launch of a new resource for schools to help further integrate ‘moving more’ into regular school life.

*“If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat.”* UK Chief Medical Officer

This new ***one-minute guide*** will help bring to life some of the many benefits that schools could achieve through moving more and sitting less. The resource focuses on 4 key themes:

1. Academic achievement
2. Behaviour and social development
3. Sleep
4. Emotional wellbeing (mental health).

We hope that this new resource will help further the health and wellbeing of your pupils (and staff!) and support you with achieving wider school objectives.

Please find enclosed the ***one-minute guide*** and an informative local case study.

For more information please contact <<insert local contact details>>

Kind regards


Timothy Howells

*Health and wellbeing support manager– DHSC – Yorkshire and the Humber region.* *timothy.howells@phe.gov.uk*