

Dear _____

I'm writing to you as a parent of one of your students in Year____, to let you know about some resources and training materials for teachers which you and your staff may be interested in.

As a parent I'm very aware of the need to create positive spaces that put the well-being, health and happiness of children at their heart, and have recently become aware of how body image plays a huge role in this area.

I have been learning about how to promote positive body image in children and to be mindful of the language used when talking about bodies and health at home. I know from experience how hard it can be to find resources to help support adults wanting to help children in this area. This is where I came across the work of The Body Happy Organisation CIC, a social enterprise dedicated to the promotion of positive body image in children and teenagers.

The Body Happy Org runs CPD workshops for teachers, body image workshops for students, lessons for parents, and also creates downloadable digital products including lesson plans, schemes of work and other teaching resources on this subject. Their work impacts children of all ages and they have a whole area on their website explaining the importance of promoting positive body image, and how this subject impacts the health and wellbeing, academic attainment and safeguarding of children in schools.

I do not doubt that the school also has the well-being of its pupils as its highest priority and so wanted to make you aware of this organisation and the resources they offer for teachers and adults who work with children, in case it was of interest. As a parent I would love to know staff at the school are supported in this area and feel able to create "Body Happy" environments for my child and others to thrive in at the school. I have attached an information booklet about how they support schools, and you'll find more information about the organisation and their resources at www.bodyhappyorg.com.

Thank you for taking the time to read this letter.

Yours sincerely,

CPD training & resources for schools



THE
body
happy
ORG

Helping you help the children and teens in
your care be friends with their bodies.

**Have you ever considered how body
image could be impacting children's
learning behaviours?**

We're here to help.

www.bodyhappyorg.com



The what

Evidence-based, interactive CPD workshops and teaching resources, empowering you to promote positive body image in your setting. Mapped to Ofsted requirements, these materials will not only give you confidence to meet key elements of the new statutory RSE curriculum and enhance your PSHE teaching, but also to develop a whole school approach that nurtures the health, happiness and self-esteem of your students.

The why

Body image is a safeguarding issue, a wellbeing issue and an attainment issue. Research shows children as young as three suffer with negative body image and a recent parliamentary report found 66% of children and teens feel bad about their body most of the time. Meanwhile, children who feel good about their bodies are more likely to raise their hand in class and engage in health promoting behaviours, such as sports. Put simply, creating a positive body image environment in your setting is a key foundation for promoting wellbeing, inclusivity, kindness and an atmosphere where children and teens can thrive and meet their full potential.

The how

We know body image is an often neglected area of teaching with few resources to help support teachers deliver this education and create environments that nurture students' body image. We're here to help. We offer a variety of CPD workshops and have a whole library of teaching resources to help you help the children in your care be friends with their bodies.

The who

Body Happy Org CIC is a social enterprise founded by author, campaigner, journalist and public speaker Molly Forbes. We're a multi-disciplinary team made up of teachers and health professionals with a background in body image and related areas, including mental health, nutrition and fitness.

What former workshop attendees say:

I think all teachers should take this course if they can, body image is a completely neglected part of teaching.

It would be amazing as part of teacher training programmes.

Would 100% recommend it to any other teachers who are passionate about children's mental health.

I highly recommend this workshop for anyone working with children in any capacity.

Impact areas:

Safeguarding

Mental health & wellbeing

Academic attainment

Inclusion





CASE STUDY

THOMAS'S CLAPHAM,
THOMAS'S LONDON DAY SCHOOLS

WORKSHOP IMPACT

After the Body Happy Kids workshop with Body Happy Org, we developed a six week Inspiring Living scheme of work. This was devised and delivered over the course of a half term to Year 5 and 6.

These lessons covered the following topics:

- What is body appreciation and self esteem?
- Our superpowers! (Banishing body talk)
- Media representation!
- Joyful movement!
- Nutrient dense food!
- I am wonderful inside and out! (Consolidation lesson)

STUDENT FEEDBACK

The lessons were really fun, the sessions were relaxing and a good place to learn. I think this will be useful for me as I get older.

It was surprising to learn that people changed their pictures online. It made me more aware.

It made the class happier because we felt more comfortable. It changed my view of what I see online and what I see in people.

It felt like it will impact the future, by making me feel happier when I leave my class, I know what to do if I feel down.





CASE STUDY

THOMAS'S CLAPHAM,
THOMAS'S LONDON DAY SCHOOLS

TEACHER FEEDBACK

Looking at exercise as 'joyful movement', children said they would be more keen to move for the joy of it and keep bodies healthy rather than change body shape.

The lesson about how social media alters our perception of a "normal" body type was invaluable, and the children were really responsive to this.

The entire class were engaged during every lesson and the material opened up some especially important discussions around body image and social media.

INSIGHT FOR FUTURE BODY HAPPY KIDS CPD WORKSHOP ATTENDEES?

Take action as a result of what you have learned and think about not only the big changes (i.e. schemes of work and student workshops) but small changes too, such as changing language in the staff room and adjusting pictures when using examples in lessons.

OTHER EXAMPLES OF MEASURABLE IMPACT WITHIN THE WIDER SCHOOL COMMUNITY

Bulletin pieces about the Body Happy Kids initiative and how to get involved were sent out to parents and people in the community.



Student Sessions

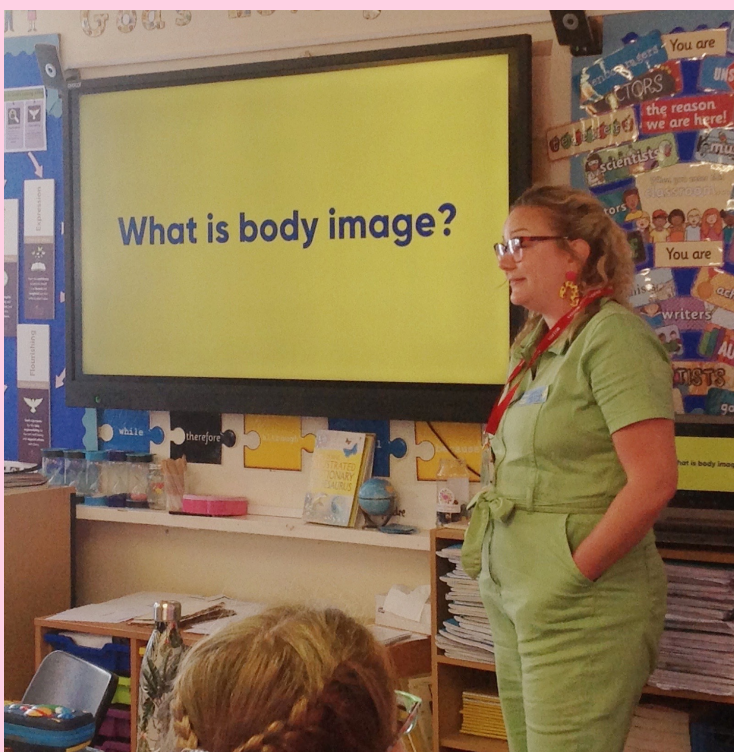
Body image boosting workshops
for school students, ages 3 to 18.

Thank you so much for running the session, the children and I certainly got a lot out of it.

Annette Smith, Year 6 teacher, Galampton C of E Primary, Devon

We enjoyed having Amy to deliver the workshops on Friday. I'm sure that the sessions gave food for thought for many of the children. It has also given us a vehicle with which to take forward our follow on discussions and activities.

Catherine Tennant, Inclusion Manager & Mental Health Lead,
Westmoor Primary, Newcastle



Find out more at
[bodyhappy.org.com/
student-workshops](https://bodyhappy.org.com/student-workshops)

Body Happy Teaching Resources

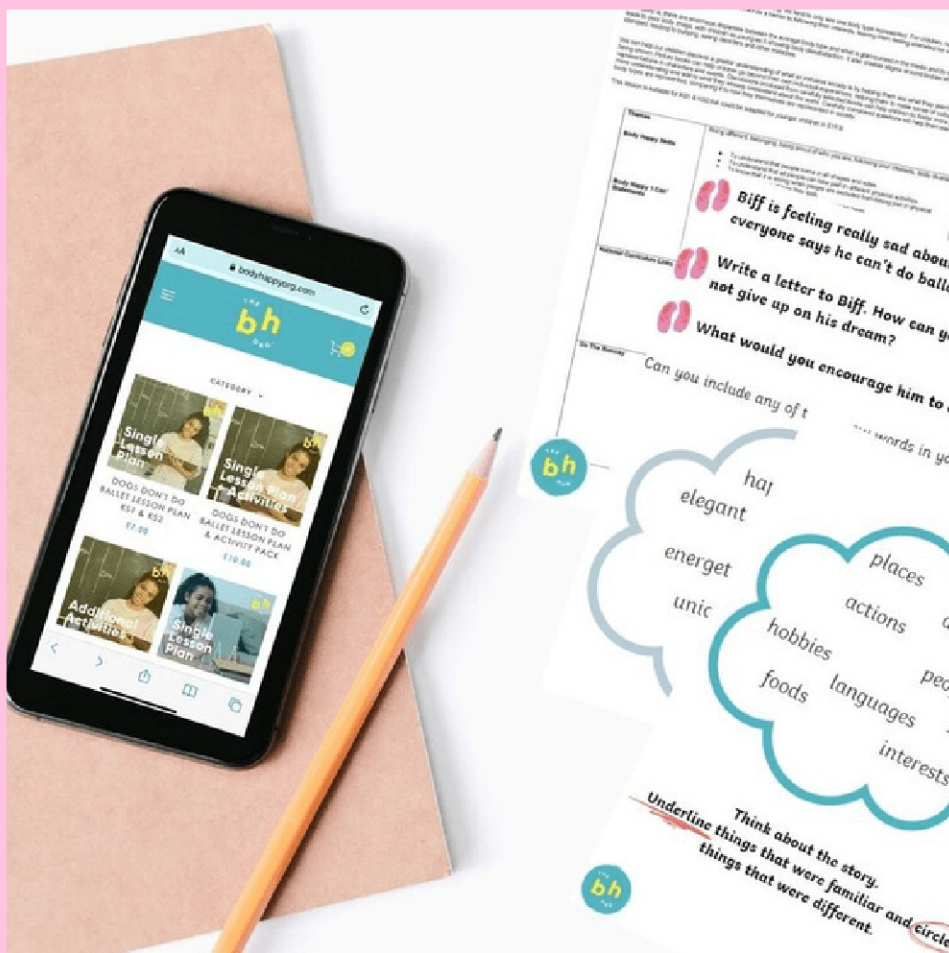
Bring the body happy message into your classroom with our peer-reviewed range of body image lesson plans and teaching resources to help children and teens explore big conversations about bodies in an age-appropriate way.

Our body image lessons and learning activities are developed for children from EYFS up to KS4 (ages 3-16), by teachers with specific expertise in nutrition, body image and health-first fitness, before being peer-reviewed by the psychologists, nutritionists and dieticians that we work with to quality check our resources.

All our body image teaching resources are mapped to Ofsted requirements and will enable you to meet the new RSE statutory requirements on the National Curriculum in England.

They're also easily adaptable for any curriculum, so if your aim is to teach children about body image and to nurture healthy and positive relationships with food and movement, along with creating a school culture of kindness and acceptance, these are the resources for you, wherever you are based.

Visit our library of resources at bodyhappyorg.com/teaching-resources



Get in touch today...

http://



www.bodyhappy.org.com



hello@bodyhappy.org.com



020 33897965

THE
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happy**

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