



Living Your Best Life
6th November – 18th December

Introduction to the Project

What does it mean to have a healthy lifestyle? Are you living a healthy lifestyle? Is a healthy lifestyle the same for everyone? How can you 'live your best life'?

What is a healthy lifestyle?

Aspects of our lifestyle	What this actually means
Diet	<p>Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.</p> <p>This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight. (NHS – Live Well/ Eat Well)</p>
Exercise	<p>Activity requiring physical effort, carried out to sustain or improve health and fitness. (Oxford English Dictionary)</p> <p>It can reduce your risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer by up to 50% and lower your risk of early death by up to 30%.</p> <p>It's free, easy to take, has an immediate effect and you don't need a GP to get some. Its name? Exercise. (NHS – Live Well/Exercise)</p>
Sexual Health	<p>Sexual health is a state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. (World Health Organisation)</p>
Illness and Disease	<p>Illness is defined as the ill health the person identifies themselves with, often based on self-reported mental or physical symptoms. ...</p> <p>Disease, on the other hand, is defined as a condition that is diagnosed by a physician or other medical expert. (British Medical Journal)</p> <p>Our focus is on self-care and raising awareness of antibiotic reliance and resistance.</p>
Preventing Illness: Health Monitoring/Screening/Immunisation	<p>Preventing illness means looking at strategies and actions we can take to try and stop us from getting ill. This is not to say that we can avoid all illnesses but it is about our actions and behaviours that can help with preventable illness and/or catching illness and disease early.</p>

What is the project?

The aim of this project is to raise an awareness of what it means to live your best life. The project will focus on different aspects of a healthy lifestyle and look at the changes we can all make to our lives to ensure we are 'living our best life'.

How will the project run?

The start of the project will be an introduction to the project from our employer partners at NHS Sandwell and West Birmingham Clinical Commissioning Group.

After the introductory session you will go into your project groups with your mentor to begin planning your winning project.

Over the weeks there will be a variety of rotation activities with subject/aspect specialists and mentor sessions.

Planning the project:

On Wednesday 6th November the project for this term will be launched with all students. They will have a presentation from NHS Sandwell and West Birmingham Clinical Commissioning Group and then they will go off into their groups to plan their project.

Groups will also need to identify what resources they are going to need for the duration of the project and complete a stationary request form that must be handed to Mrs Kumari by their mentor at the end of the Wednesday planning session.

On completion of the project each group will have to produce the following:

- A project journey display
- A differentiated exercise routine for a specified age group of your choice
 - A healthy meal
- A promotional leaflet to encourage a specified group of people to take part in health screening
 - A campaign video to raise awareness of Antibiotic resistance

Competition:

Throughout the project the groups are going to be judged on a number of different criteria which will be recorded on their score cards. Score cards are to be delivered to Mr Bradley at the end of each project afternoon.

Groups will have the opportunity to plan and help prepare a lunch menu that will be served in the dining room on an agreed date. The groups that are successful will each gain 10 extra points for their overall final score.

The final judging of the projects will take place on the Showcase Day on Wednesday 18th December.

The winning group's video for antibiotic awareness will be used in a national campaign that will launch in January 2020.

Showcase Day:

The last day of the project (18th December) will be where the groups showcase their presentations of the project. These will be set up in the foyer, atrium and first floor.

Employer partners, governors and parents will be invited in to view the presentations and displays and talk with the groups. This will give the groups the opportunity to demonstrate their professional conduct to potential future employees.

This will take place on the morning of the 18th December. Following the showcase, all staff and students will travel to Birmingham for a celebration trip. The trip will include the Frankfurt Christmas market, ice skating and the Birmingham wheel.

KS4

Each KS4 group will be assigned to a staff mentor for the duration of the project. They will have a base classroom where they will always meet with their mentor and all mentor sessions will be in that room.

The only stipulations we are giving is what areas the project has to cover and these are:

Related Area	Brief
Diet – making a healthy meal	<p>Each group are to research a healthy meal, find the recipe and cost it. The meal needs to meet dietary requirements (e.g. a Halal and vegetarian option). You will prepare the meal in the dining room ready for Mrs Aspley to cook it. The 2 winning groups will consult with the kitchen staff and help with serving the meal on the agreed date. Some advice and guidance on this can be found here: https://www.nutrition.org.uk/healthyliving.html An interesting development in healthy eating: https://www.bbc.co.uk/news/health-49877237</p>
Health Screening	<p>Create a promotional leafleting campaign to encourage a specified group of people to attend health screening. This could be: cervical screening, breast screening, pregnancy screening etc. https://www.nhs.uk/conditions/nhs-screening/</p>
Research	<p>Rates of vaccinations are falling and the health secretary is considering taking a stance on compulsory vaccinations. Research into this area and devise a debate around the topic. Below is an article to get you started: https://www.bbc.co.uk/news/uk-politics-49870387</p>
Illness and Disease	<p>World Antibiotic Awareness Week (18th – 24th November) and we have been selected to make a video that will appear in the national campaign to raise awareness of antibiotic resistance. The details of this video and what is required will be included in the launch presentation from NHS Sandwell and West Birmingham CCG. Here is what it is all about: https://www.who.int/campaigns/world-antibiotic-awareness-week</p>
Exercise	<p>As a group you need to decide on an age group (under 10's, 11-16, 17-25, 26-40, 41-65, 65+) and create an exercise programme that will support them in staying fit. The aim of the exercise routine is to ensure that your chosen group are at least doing the minimum requirements for exercise and not living a sedentary lifestyle. Use the NHS website to get you started: https://www.nhs.uk/live-well/exercise/exercise-health-benefits/</p>

KS5:

Each KS5 group will be assigned to a staff mentor for the duration of the project. They will have a base area where they will always meet with their mentor and all mentor sessions will be in that area.

Related Area	Brief
Diet – making a healthy meal	<p>Each group are to research a healthy meal, find the recipe and cost it. The meal needs to meet dietary requirements (e.g. a Halal and vegetarian option). You will prepare the meal in the dining room ready for Mrs Aspley to cook it. The 2 winning groups will consult with the kitchen staff and help with serving the meal on the agreed date. Some advice and guidance on this can be found here: https://www.nutrition.org.uk/healthyliving.html An interesting development in healthy eating: https://www.bbc.co.uk/news/health-49877237</p>
Health Screening	<p>Create a promotional leafleting campaign to encourage students of your age to self-screen for breast and testicular cancer. https://www.nhs.uk/conditions/nhs-screening/</p>
Research	<p>Rates of vaccinations are falling and the health secretary is considering taking a stance on compulsory vaccinations. Research into this area and provide arguments for and against this stance. Below is an article to get you started: https://www.bbc.co.uk/news/uk-politics-49870387</p>
Illness and Disease	<p>World Antibiotic Awareness Week (18th – 24th November) and we have been selected to make a video that will appear in the national campaign to raise awareness of antibiotic resistance. The details of this video and what is required will be included in the launch presentation from NHS Sandwell and West Birmingham CCG. Here is what it is all about: https://www.who.int/campaigns/world-antibiotic-awareness-week</p>
Community Exercise	<p>As a group need to approach a service provider or group of people who would be willing to take part on a community exercise activity that you lead. You need to plan and resource the activity and carry it out with those service users. The types of services you might approach are: nurseries, care homes, mother and baby groups, university students etc. Use the NHS website to get you started: https://www.nhs.uk/live-well/exercise/exercise-health-benefits/</p>