

Dear Teacher,

I hope this email finds you safe and well.

I am contacting you today to offer your school the opportunity to take part in the Tackling Health project run by Saracens Foundation.

Tackling Health is an interactive project aimed at teaching primary school children about their own health and well-being with a rugby focus. According to Government figures, In Year 6, obesity prevalence has increased from 21.0% in 2019/20 to 25.5% in 2020/21. Obesity tends to track into adulthood, so obese children are more likely to become obese adults.

The Government's national ambition is to halve childhood obesity and significantly reduce the gap in obesity between children from the most to the least deprived areas. Rugby, we feel is the best vehicle for this change as it can offer playing opportunities and role models to children of all shapes and sizes. The project takes a rounded approach to teaching children about leading healthy active lives.

The key aims of the programme are:

- Improve young people's understanding of what constitutes healthy eating and a healthy diet.
- Increase young people's levels of physical activity.
- Raise awareness of food competences amongst educational stakeholders
- Contribute towards Chief medical officers' guidelines that all children and young people should engage in moderate to vigorous physical activity for at least 1 hour a day.

How the project will work:

- Saracens Foundation coach will work with students on a day that has been agreed.
- 6-week programme.
- 1 x Tackling Health theory session. 1 x Tackling Health practical session per week.

Tackling Health theory topics:

- Introduction to Tackling Health and Eat Well Plate.
- What living things need to survive.
- Five main food groups.
- Implications of poor diet.
- Designing a meal for a rugby player.

Each of these sessions typically lasts 1.5 hours but we are happy for this to be flexible to fit around your timetable. This is 30 minutes classroom-based work and 1 hour outside taking part in rugby-based sessions.

For more information or to book your school on to the programme. Please email Ben Wiggins at BenWiggins@saracens.net

Best regards,

Ben Wiggins | Project officer | Rugby Development

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