



How can your children access Evolve & their Health Mentor?

Classroom Movers



www.classroommovers.com

With a lot of pupils being based at home next week for care or homeschooling we are supporting those pupils with a range of activities.

We want to help. If you, parents and children would like access to our on-demand [#PhysicalActivity](#) programme whilst at home, they can make contact here <http://classroommovers.com/contact> and we will give them at-home access.

When we receive the notification they've sent a message (MUST INCLUDE AN E-mail) with a note of which school they're from, we will set a personal profile up for them.

PB:ME (Personal Best My Effort)

<https://www.evovesi.com/hero-at-home/>

Here will be your chance to test yourself in three unique activities daily!

- **Speed Bounce**
- **Speed Typing**
- **Memory Test**

Head to our site to see how to complete the challenges & how you can record your scores and share them with the Evolve Team!



Evolve: YouTube Channel

<https://www.youtube.com/user/EvolveImpact>

Here you will find videos from your Health Mentors!

They will include the following:

- Physical Activity Games
- Story Time Videos
- Daily Challenges

Thrive

All school staff & Parents can access one of our partner programmes Thrive which are offering their Mental Wellbeing App access. We have previously used this as staff and also with pupils as part of Mentoring sessions and it is very user friendly and tracks a lot of data & history.

In the current challenging climate if your employer does not offer the Thrive app, we are proud to offer free access through the @NHSuk apps library below

Upon completing the sign up for your access please state that your prompt for an access code was from the **HE:RO at Home** programme.

<https://thrive.uk.com/nhs.html>





Rethink Food



Our partner Rethink Food is a former head teacher and former primary school teacher, we are dedicated to educating people about food. Starting in 2015 to tackle the problem of children arriving to one of our school's hungry each day – at that point we vowed to remove hunger as a barrier to learning. They held an awareness event and provided 10,000 children with a breakfast made up of food that would otherwise gone to waste. They now deliver their programme to over one hundred schools, increase awareness, understanding and positive actions linked to food through an approach that references the United Nation's Sustainable Development Goals.

They would like you to watch the following videos below and send in your Top cooking tips after helping Mum, Dad and other members with the cooking. This could be as videos, pictures or on a list!

<https://www.rethinkfood.co.uk/helping-hands/>

Please send them too - Twitter - @RethinkFoodUK

Contact Us

Share your work & activities with us linking & tagging on our following channels

Twitter: @Evolve_Impact

Instagram: evolve_impact