

NHS Berkshire West CCG  
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Date

Dear Head Teacher

### **#5ways5daysNHS** challenge

During May we are inviting children, young people and their families to get involved in our online **#5ways5daysNHS** challenge to promote the [NHS's Five Ways to Wellbeing](#). The Five Ways to Wellbeing are five simple actions that people can do every day to help them feel healthier, happier and more positive.

During the current lockdown restrictions, it's even more important than usual to look after our own wellbeing - and to encourage children and young people to do the same.

To help achieve this, the NHS has created the **#5ways5daysNHS** challenge specifically for children and young people. We would love it if you could help us to encourage your pupils and their families to get involved.

### **How to take part**

To get started we have put together a [primary school guide](#). It has lots of suggestions for fun activities linked to each of the Five Ways that pupils can do as part of a class project, or at home with their families.

Once your pupils have got in to the swing of the Five Ways to Wellbeing, they could:

- challenge someone else to take part in the **#5ways5daysNHS** challenge
- record their own **#5ways5daysNHS** challenge plans and progress – perhaps as a colourful wallchart or booklet

And finally, look out for extra tips from our young health champions on [Twitter!](#)

Yours sincerely



Andy Fitton  
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Berkshire West CCG