

References

- Barnard, S. (2012). *Jamie Oliver's Ministry of Food legacy in Rotherham*. Available at: <https://www.bbc.co.uk/news/uk-england-south-yorkshire-17352123> (Accessed: 13th February 2021).
- BBC Bitesize. (no date). *What is a healthy lifestyle?*. Available at: <https://www.bbc.co.uk/bitesize/topics/zhvbt39/articles/zmjkhbk> (Accessed: 8th February 2021)
- Better Health Every Mind Matters. (no date). *Looking after a child or young person's mental health*. Available at: <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/> (Accessed: 16th February 2021).
- Change for life. (no date). *Activities*. Available at: <https://www.nhs.uk/change4life/activities> (Accessed: 13th February 2021).
- Eccles Health Sciences Library Digital Publishing. (2016). *The Transtheoretical Model of Change (Health4u 2016 #12)*. [video]. Available at: <https://www.youtube.com/watch?v=xHUJiqYhYRE> (Accessed: 20th February 2021).
- Estes, D. McMahan, E.A. (2011). *Hedonic versus Eudaimonic Conceptions of WellBeing: Evidence of Differential Associations with Self-Reported Well-Being*. Available at: https://digitalcommons.wou.edu/cgi/viewcontent.cgi?article=1034&context=fac_pubs (Accessed: 9th February 2021).
- Evans, G.O. (2020). *Bronfenbrenner's Ecological Systems Theory*. Available at: <https://www.simplypsychology.org/Bronfenbrenner.html> (Accessed: 8th February 2021).
- Foodforlife. (2019). *We're campaigning for a School Healthy Rating Scheme*. Available at: <https://www.foodforlife.org.uk/whats-happening/news/news-post/jamies-campaign-for-healthy-schools> (Accessed: 13th February 2021).
- Gavin, M.L. (2018). *Learning about calories*. Available at: <https://kidshealth.org/en/kids/calorie.html> (Accessed: 13th February 2021).
- GOV.UK. (2018 a). *Chapter 6: wider determinants of health*. Available at: <https://www.gov.uk/government/publications/health-profile-for-england-2018/chapter-6-wider-determinants-of-health#fnref:5:1> (Accessed: 8th February 2021).
- GOV.UK. (2017). *Childhood obesity: a plan for action*. Available at: <https://www.gov.uk/government/publications/childhood-obesity-a-plan-for-action/childhood-obesity-a-plan-for-action#fnref:11> (Accessed: 13th February 2021).
- GOV.UK. (2018 b). *Thousands more school children receiving a nutritious breakfast*. Available at: <https://www.gov.uk/government/news/thousands-more-school-children-receiving-a-nutritious-breakfast> (Accessed: 16th February 2021).
- Institute of health equity. (2021) *Working Toward Health Equity*. Available at: <http://www.instituteofhealthequity.org/about-our-work/working-toward-health-equity-> (Accessed: 16th February 2021).
- McLeod, S. (2020). *Lev Vygotsky's Sociocultural Theory*. Available at: <https://www.simplypsychology.org/vygotsky.html#:~:text=Lev%20Vygotsky's%20Sociocultural%20Theory%20Effects%20of%20Culture%20Classroom%20Applications.%20...%206%20Critical%20Evaluation> (Accessed: 16th February 2021).

Student number: 1901537
Module code: EAEE5003

Mind. (no date). *Looking after your wellbeing – for young people*. Available at: <https://www.mind.org.uk/information-support/for-children-and-young-people/looking-after-your-wellbeing/> (Accessed: 16th February 2021).

National Audit Office. (2020). *Childhood obesity*. Available at: <https://www.nao.org.uk/report/childhood-obesity/> (Accessed: 13th February 2020).

NHS. (2019). *Eat well guide*. Available at: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/> (Accessed: 13th February 2021).

NHS. (no date a). *Live well*. Available at: <https://www.nhs.uk/live-well/> (Accessed: 8th February 2021).

NHS (2018). *What can I do if my child is overweight?* Available at: <https://www.nhs.uk/live-well/healthy-weight/overweight-children-advice-for-parents/> (Accessed: 13th February 2021).

NHS Wales. (no date b). *Lifestyles*. Available at: <http://www.wales.nhs.uk/healthtopics/lifestyles> (Accessed: 9th February 2021).

NHS Wales. (no date c). *Children and young people*. Available at: <http://www.wales.nhs.uk/healthtopics/populations/childrenandyoungpeople> (Accessed: 9th February 2021).

NHS Wales. (2018). *New curriculum places health and wellbeing at heart of learning*. Available at: <http://www.wales.nhs.uk/sitesplus/888/news/48559> (Accessed: 16th February 2021).

NICE. (2017). *Obesity*. Available at: <https://cks.nice.org.uk/topics/obesity/> (Accessed: 13th February 2021).

Play Wales. (2002). *School Play Policy*. Available at: [https://playwales.org.uk/eng/schoolplaypolicy#:~:text=The%20Welsh%20Government%20Play%20Policy%20\(2002\)%20states:%20%E2%80%98Play,learn%20of%20the%20world%20they%20inhabit%20with%20others.](https://playwales.org.uk/eng/schoolplaypolicy#:~:text=The%20Welsh%20Government%20Play%20Policy%20(2002)%20states:%20%E2%80%98Play,learn%20of%20the%20world%20they%20inhabit%20with%20others.) (Accessed: 13th February 2021).

Public Health Network Cymru. (2017). *Adverse childhood experiences ACE'S*. Available at: <https://www.youtube.com/watch?v=XHgLYI9KZ-A> (Accessed: 16th February 2021).

RMPS Recourses. (2011) *BBC // poor kids* [video] Available at: <https://www.youtube.com/watch?v=UvoV8Bnlbhm> (Accessed: 16th February 2021).

Roberts, R. (2010). *Wellbeing from birth*. (Accessed: 8th February 2021).

Scottish Government. (2017). *The Daily Mile with young children: guidance*. Available at: <https://www.gov.scot/publications/the-daily-mile-guidance-for-early-learning-settings-2017/> (Accessed: 13th February 2021).

Sports Wales. (2021). *PHYSICAL ACTIVITY AND CHILDREN'S MENTAL HEALTH*. Available at: <https://www.sport.wales/media-centre/latest-news/physical-activity-and-childrens-mental-health/> (Accessed: 13th February 2021).

Statham, J. Chase, E. (2010). *Childhood wellbeing: A brief overview*. Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/183197/Child-Wellbeing-Brief.pdf (Accessed: 8th February 2021).

Swansea Council. (2018). *5x60*. Available at: <https://www.swansea.gov.uk/article/27407/5-x-60> (Accessed: 13th February 2021).

Student number: 1901537
Module code: EAEE5003

TedTalks. (2013). *Every kid needs a champion* [video] Available at: <https://www.youtube.com/watch?v=SFnMTHhKdkw> (Accessed: 16th February 2021).

The Daily Mile. (no date). Available at: <https://thedailymile.co.uk/about/> (Accessed: 13th

What Works Wellbeing. (2011), *What is Wellbeing*. Available at: <https://whatworkswellbeing.org/about-wellbeing/what-is-wellbeing/> (Accessed: 8th February 2021).

World Health Organization. (2019), *World Health Organization (WHO) Definition of Health*. Available at: <https://www.publichealth.com.ng/world-health-organizationwho-definition-of-health/> (Accessed: 8th February 2021).