**Keeping your school community active at home**

**Be Active at Home**

MCRActive’s new [Be Active at Home Campaign](https://www.mcractive.com/activity/be-active-at-home?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=) is packed full of resources to help your school community stay active and healthy at home. With over 40 free live-streamed classes and ideas and resource packs for fun ways to get active, there really is something for everyone. Check out the ‘For Kids’ and ‘For Families’ sections for hints and inspiration to keep your school family moving this lockdown.

**The Daily Mile at Home**

The Daily Mile have produced a series of weekly challenges to support families to keep active and look after their mental and physical wellbeing this lockdown. Walk, jog or run, the Daily Mile at Home is free, fun and a great way of keeping moving this lockdown. Details of all the challenges can be found on their website: [The Daily Mile at Home](https://thedailymile.co.uk/at-home/).

**Lockdown cooking support**

There is lots of support out there to help your school communities eat well during lockdown and learn a few cooking skills along the way.

**Change 4 Life Cook Together**

Families can sign up to Cook Together with Change 4 Life to receive 2 free recipes every week for 4 weeks. The recipes all have easy to follow step-by-step instructions with videos and a shopping list of all the ingredients needed to cook up a healthy meal. After 4 weeks, families will know how to cook up 8 different healthy meals from scratch. It’s simple, free and there are helpful cooking and shopping tips along the way too. Better still, it’s designed to support families to achieve a healthier, balanced diet. Families can sign up for free by following the link [here](https://cooktogether.change4life.co.uk/#:~:text=Sign%20up%20to%20Cook%20Together,to%20cook%20a%20healthy%20meal.) .

**Jamie Oliver’s Keep Cooking Daily**

Budding cooks can join chef Jack, from the Jamie Oliver Cookery School at 12:15 each weekday lunchtime on Facebook for a live cook-a-long session. Recipes are healthy, tasty and affordable, and there are hints, tips and swaps which make them super flexible too. Recipes for this week include Corner Shop Curry Sauce and delicious Veggie Quesadillas. Anyone interested can have a look on the Jamie Oliver webpage to view what recipes are coming up and catch up with previous ones: [Keep Cooking Daily](https://www.jamieoliver.com/keep-cooking-daily/).

**Simon Wood #FeedingFamiliesFor30**

Manchester chef, Simon Wood, has created a series of tasty recipes to support families on a low budget to eat well. Working with local food banks and community groups, Simon has created a series of recipes which use basic store cupboard ingredients such as tinned and dried goods. He is keen to work closely with food banks to ensure that the recipes are as user friendly and relevant as possible, and there are several recipes which don’t require an oven or hob and can be made with just a kettle or microwave. All the recipes can be viewed [here](https://www.feedingfamilieswithsimonwood.co.uk/).

**Time to Talk Day**

A small conversation about mental health has the power to make a big difference. We know that the more conversations we have, the more myths we can bust and barriers we can break down, helping to end the isolation, shame and worthlessness that too many of us with mental health problems are made to feel.

Time to Talk Day is the day that we get the nation talking about mental health. This year’s event might look a little different, but at times like this open conversations about mental health are more important than ever. Find out how you can get involved and download resources here: [Time to Talk Day 2021 | Time To Change (time-to-change.org.uk)](https://www.time-to-change.org.uk/get-involved/time-talk-day)

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