



Step Up to Secondary is a FREE 6-week celebratory programme designed especially for Year 6 pupils to support them as they prepare for the exciting transition to secondary school. We recognise this is a challenging time for many families, and the programme has been carefully designed to help young people develop healthy habits and build confidence during this pivotal time in their lives.

Programme Overview

Each week, participants will engage in:

- **Interactive Webinar or in-person session:** Delivered by our experienced health coaches, covering key transition themes such as healthy eating, movement and habit planning.
- **Physical Activity:** Guided tasks that can be done at home or in person.
- **Self-Monitoring Tool:** An experiment tracker with built in reflection
- **Family Experiment Challenge:** Fun tasks, such as screen-free dinners or creating healthy lunchboxes.

Weekly Themes - The programme will cover the following topics:

- **Week 1:** New School, New Choices – Exploring school canteen options and making healthy choices.
- **Week 2:** Making Healthy Habits – Building routines for long-term wellbeing.
- **Week 3:** Drinks and Snacks – Exploring healthy options and their impact on sleep and energy.
- **Week 4:** More Independence, More Movement – Encouraging physical activity as part of daily life.
- **Week 5:** Outside the School Gates – Understanding fast food choices and alternatives.
- **Week 6:** Time to Step Up – Celebrating progress and preparing for the transition.

This programme represents a unique opportunity to engage young people and their families at a crucial stage in their development, equipping participants with the tools and confidence they need for their next chapter!

When and where

We will be offering two online programmes and one in person programme in Hatfield, Hertfordshire – all of which will run weekly for 6 weeks.

- Monday Webinars: 6:30 - 7:30pm, starting 27th July
- Tuesday In-person: 5:00 - 6:30pm, starting 28th July at Breaks Manor Youth & Community Centre, Hatfield, AL10 8TP
- Wednesday Webinars: 5:30 – 6:30pm, starting 29th July

Our group programmes are for children above their ideal weight, see our website for more information.

If you are interested in this FREE programme, then please contact us on 01707 248648 or via <https://hrt.maximusuk.co.uk/>