

# High School Ready

## GET YOUR STUDENTS HIGH SCHOOL READY



### THE PROGRAMME

High School Ready is an innovative, forward-thinking, fully resourced programme to strengthen your Transition Offer from Primary to Secondary School. An educational resource to support the reduction of childhood obesity and the prevention of dietary-related illness.



### 8 INTERACTIVE VIDEOS

Through eight engaging, interactive sessions, we introduce students to the skills and knowledge they need to make healthier, more sustainable food choices – skills they'll carry with them for life. Dive into topics like eating a balanced diet, reducing food waste, and more.



### PLAY THE GAME

The 'game' begins with a roll of the dice taking the 'players' on a journey to High School. On route, they will meet experts who will provide key information from their multiple perspectives, to support the students to take positive actions to support their health and the health of the planet.