



Working for young children in Kent and Medway

SPRING CONFERENCE

Saturday, March 7th, 2009

'Encouraging a healthy lifestyle'

Speaker: to be announced

**Venue: The Downs CE Primary School
Owen Square
Walmer
Kent
CT14 7TL**

SPRING CONFERENCE March 7th 2009

Please note the following

- Entry is by **prior booking only**
- Applications are taken in date order and **must** be received by **Feb 28th**.
- Individual EChO members free
Group members free for up to 5 delegates, and then additional places £10 each
Group members (Pre-school settings) free for up to 10 delegates
- Non-members £15.00
- **Unsuccessful applicants will be informed. All others should assume acceptance. Please send SAE if confirmation required.**
- **As conferences are often oversubscribed, please let Sally Dillon know, if after booking a place, you are unable to attend.**

Sally Dillon Tel: 01303 812556 E-mail:dillons@supanet.com

APPLICATION FORM FOR ECHO CONFERENCE

March 7th 2009

Please photocopy this form for additional applicants and return by **February 28th to**

Sally Dillon
Stanley House
Stone Street
Stanford
Ashford TN25 6DF

Name of Applicant.....

Address.....

School or Organisation.....

Please tick and fill in details below as applicable

I am a member of EChO and will be attending this conference

We are group members and will be sendingdelegates.
We are sending..... additional delegates at £10 each.

I am not a member and enclose £15.00 as the conference fee.

Cheque enclosed £.....Payable to EChO (Kent)

Signed.....

ECHO SPRING CONFERENCE

MARCH 7th 2009

The Downs CE Primary School

Owen Square

Walmer

Kent

CT14 7TL

SPEAKER: to be announced

PROGRAMME

9.00 – 9.30 Arrival and refreshments

9.30 – 10.30 Session One:

10.30 – 11.00 Break for refreshments

11.00 – 12.00 Session Two:

These days, ‘modern life’ means that we are a lot less active, therefore children could grow up with dangerous levels of fat in their bodies. This can cause life-threatening diseases like cancer, type 2 diabetes and heart disease – so it’s really important that we all do something about it.

How do we encourage young children to eat healthily and live a healthy lifestyle? How do we get the message across to their parents? Obviously the earlier good practice is established, the better, before children fall into unhealthy habits. I am sure we all know how hard it is to change once an unhealthy lifestyle becomes a habit. After all, none of us are perfect.

With the launch of the ‘Change4Life’ website, the focus is already there for the parents. Come along and listen to our speaker, share good practice with colleagues and hopefully be part of the ‘Change4Life’.

