

Newsletter, 12.06.2024

Sport is in the air at the moment! Cricket fans might be glued to the T20 World Cup, Euro 2024 kicks off soon in Germany, and the Paris Olympics are just a few weeks away.

Sport is important in our children's lives, too, which is why at Tooled Up, sport is central to our thinking about physical health and emotional wellbeing. So we want to make sure that as many of our children are staying physically active as possible, and that they're preparing to succeed by learning about caring for their bodies.

A great place to start is this [overview](#) of the importance of physical activity for young people, and the benefits for academic performance, mental health and body image. Then think about the food children need to give their sporting performance a boost: our [article](#) on Sports Day Nutrition and our more detailed [webinar](#): Optimising Nutrition For Young Athletes.

Research tells us too many adolescent girls are dropping out of sports during their early teen years, mainly due to body image concerns. Two informative presentations on girls and sport are with Dr Emma Ross on [Talking More Openly About Female Bodies](#), and Dr Kat Schneider who addresses body talk and [Body Confidence](#).

Another event this week for many Tooled Up families in the UK is **Fathers' Day**! It's a great time to think about the role that fathers play in their families and how fathers can be supported.

In this [podcast](#), Dr Kathy Weston talks to CEO Paul Pomroy about how he balances roles as a busy executive and loving, engaged Dad!. You can also listen to Dr Weston's [talk](#) with Adrienne Burgess of the Fatherhood Institute on how paternal mental and physical health might affect children, and how Dads can most effectively influence children's engagement with learning. In this [podcast](#), Dr Hope Christie talks with three expert panellists on fathers' mental health, and how we can support fathers to have the best possible relationship with their children.

And don't forget this week's [Wednesday Wisdom](#), featuring Andrew Smith of the charity Little People, on his experiences of fatherhood and dwarfism.

Plenty of resources for the whole family!

Don't forget to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).





Importance of Physical Education for Children



Sports Day Nutrition



Optimising Nutrition for Young Athletes



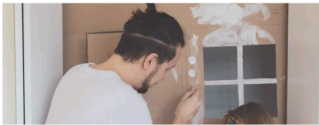
Talking More Openly About Female Bodies



Body Confidence



Being A Dad with Paul Pomroy



The Impact of Fathers



Fathers' Mental Health



Wednesday Wisdom: The Value of Belonging

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