

Dear parent/carer

We will be participating in BNF (British Nutrition Foundation) Healthy Eating Week from 10-14 June 2019.

The purpose of the Week is to promote key health messages and habits to young people.

Over the week we will be discussing ways to keep healthy. You can support your child by trying some of the activities below. Tonight they will be bringing home a challenge sheet. Challenge sheets need to be returned by Friday 21st June and certificates will be awarded to everyone who has taken part.

You can find more details for each challenge on our school website.

Thank you for your support!

The challenge	Family activity ideas
	<p>Have a special healthy family breakfast – include wholegrain or higher fibre varieties of food (e.g. wholegrain breakfast cereal, wholemeal bread), a portion or more of your 5 A DAY and an unsweetened drink.</p>
	<p>Create a family 5 A DAY planner – plan what you'll have for your 5 A DAY every day for a week – keep it on the fridge to help everyone remember! Can you include a vegetable or fruit that none of your family has tried before?</p>
	<p>Track your drinks – get everyone at home to keep track of what they drink for a day. Did everyone manage to have at least 6-8 unsweetened drinks?</p>
	<p>Get everyone active – as a family, try a new activity that gets everyone's heart beating faster. You could invent a new game and play it in the park!</p>
	<p>Plan a relaxing routine – plan a relaxing bedtime routine for everyone at home. Bedrooms should be 'sleep friendly' – dark, quiet and cool. Remember to turn off electronic devices at least 1 hour before bedtime.</p>