

AC/CLW

28<sup>th</sup> January 2016

Dear Parents and Guardians,

Next week (1<sup>st</sup> Feb to 5<sup>th</sup> Feb 2016) is Healthy Schools week. During this week, we will be focussing on encouraging the children to develop healthy lifestyle choices. In their classes, they will be learning about all aspects of being healthy, from being active, to oral hygiene and choosing a variety of foods to enable them to grow and develop healthy minds and bodies.

To help us make this a success, we would like you to encourage the children to bring a healthy snack, such as fruit, low sugar cereal bars, cheese or yogurt products (which I know many of you do already). Fruit is obviously provided for the younger children, so they will be rewarded for having this as a snack. I am aware that increasingly some children are bringing chocolate and sweets into school, which I would respectfully request they no longer do. I would rather encourage children to make healthy choices and reward them for trying something new and developing good habits. In addition packed lunches should be as healthy as you can make them. This would simply mean avoiding sugary and high fat content foods, with no sweets or large chocolate bars.

We will be promoting a healthy breakfast by having a whole school breakfast on Thursday 4<sup>th</sup> February. On this day, it would be advisable to give the children a lighter breakfast, as they will be eating at 9.10am. We will be providing the children that morning a selection of healthy foods they can choose from, to give them a great start to the day.

We hope this week will inspire the children to fuel their bodies and minds with foods that are good for them and give them lots of energy to concentrate and succeed all day long!

Thank you for your support.

Mrs Alison Crawshaw  
Headteacher