



Happiness

Independence

Solid Foundation

Dear Parents/Carers

February 2018

HEALTH NEWS

Through the National Child Measurement Programme, Public Health England gathers annual statistics relating to overweight or obese children. Nationally, schools achieve an average participation rate in the programme of 96% Reception pupils. In our school the participation rate was 99.1% Reception pupils. High participation rates (over 90%) ensure that the estimates of overweight and obese children are reliable. In any population of children of all ages, it would be expected that 10% would be overweight and a further 5% would be obese. However current levels across England are far higher.

Harefield Infant School has received the following feedback relating to the 2017 results (based on the 2013/14, 2014/15 and 2015/16 years results combined). The proportion of Reception pupils who were overweight or obese in our school was 28.3%. This is higher than in most other schools across England (22%). 21% of Reception children were overweight or obese in Hillingdon local authority.

We have a number of initiatives in school to address the issue.

- We have worked with The Pantry, our school meals provider, to reduce the amount of sugar in lunchtime desserts.
- Our Breakfast Club only serves 'no added sugar' cereals.
- Years 1 and 2 are implementing a daily 10 minute run/walk.

Half the sugar children eat comes from unhealthy snacks and sugary drinks. Too much sugar can lead to harmful fats building up inside their bodies, serious health problems, and also painful tooth decay.



The new Change4Life campaign is all about snacking and can help you to reduce the amount of sugar your children are consuming. Fruit and vegetables are always the best snack, and count towards your child's 5 A Day. If you are giving your children packaged snacks, stick to a maximum of two a day.

Sign up on the Change4Life website to receive money-off vouchers for healthier snacks and to receive lots of helpful tips and ideas.

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