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## **Change for Life Leaflet**

Dear Parent / Carer,

We believe it is important for children to understand about diet and how to stay healthy. One of our school values is Excellence and we want to help all children to be the best that they can and maintaining a healthy lifestyle is part of this.

Childhood obesity has reached worrying levels across the UK; 34% of children are obese by the time they finish primary school. To tackle this, the government and the NHS are providing new information for parents which can help you understand how much sugar is in your food and how to make healthy swaps to help you lead healthier lives.

This booklet intends to be an engaging tool to teach children about how to make healthy choices. We hope that you will look at this with your child and encourage them to think about what they are eating.

For more information, you can visit: [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

Yours sincerely,  
*M Bringan*

**Mrs Manjit Bringan**  
Head Teacher



*Learning at the heart of everything we do*

