



Friday 7th June 2024

Dear Parents/Carers

Next week – Monday 10th to Friday 15th June is National Healthy Eating week. This is promoted by the British Nutrition Foundation and supported by our Local Authority Healthy Schools team.

We will be holding our own Healthy Week in school where the children's learning during the week will include learning about healthy eating as well as the importance of moving to support our mental health and wellbeing.

Each day there is a theme, see below:

- ❖ Monday – 5 a day
- ❖ Tuesday – Stay Hydrated
- ❖ Wednesday – Move more
- ❖ Thursday – Focus on fibre
- ❖ Friday - Reduce food waste.

Classes will spend some time each day where the learning is focused on the day's theme.

We will be launching the week with an assembly where the children will be told about a competition, we are holding to promote healthy eating. Please look out for the flier next week about this!

As part of healthy week, we will be encouraging children to walk to school that week. We know that many of our families do walk to school every day and we understand that cars can also be a necessary form of travel if you live further away or need to get to work. However next week please see if you can support our staying healthy theme by:

- Parking further away so you and your child can walk the last part to school. Every step counts!
- Take a different route to school which involves walking a little further.

Please also find attached some information about Healthy Eating week which you may find useful.

Thank you for your support.

Mrs J. Appleby

Inclusion Manager