Dear Parents,

After Half Term, we have a Healthy Lifestyle Adviser (from NHFT’s 0-19 Team) coming into school to deliver some sessions designed to increase children’s knowledge around leading a healthy lifestyle.

The sessions will run for four consecutive Wednesdays, starting from Wednesday 5th June 2019.

The topics covered will include:

1. Eatwell plate & portion sizes;
2. Sugary drinks;
3. Reading food labels; and
4. Fast food & snacks and physical activity.

If you have any concerns about this programme, or would like to ask further questions, please do not hesitate to contact your child’s class teacher.

Many thanks,

Year 6 Team