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Healthy/Active Schools Newsletter

Dear Parents/Carers,

This newsletter and subsequent newsletters are being sent following on from the School Improvement Plan evening held in September.

Many parents and carers felt that they would like to be provided with information on how they can support their children lead active and healthy lifestyles.

This first letter includes information that has previously been sent out concerning the sugars hidden in a variety of everyday foods with suggestions for healthy alternatives. Also included is the Department of Health's Guidelines for Physical Activity.

Future newsletters will be sent out half-termly and will not come with a covering letter. All newsletters will feature information sheets concerning diet and active lifestyles.

Any feedback is most welcome.

Yours faithfully

Mr Humphreys & Mrs Gyampoh
PE & Healthy Schools Leaders

