



Summerfield School

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13th June 2017

Dear Parents and Carers

Healthy Eating Week

This week is Healthy Eating and Activity Week, we are rewarding children for bringing in a healthy lunchbox or making a healthy choice of school lunch.

As we know, from research undertaken by the School Food Trust, eating a healthy meal at school can positively affect children's behaviour and attainment in the classroom. The children learn about healthy lifestyles as part of the science curriculum and we appreciate your support in reinforcing this message.

We have no intention of banishing treats but please ensure that they have a range of nutritious ingredients as well. Throughout the week we will be undertaking a number of activities that promote exercise e.g. walking on the Redway Walk and PE sessions.

If you and your child cook healthy meals at home we would love to see photos that can be shared with the class.

Thank you for your continued support.

Yours faithfully

Mrs Krish

Mrs Krish
PSHE & Healthy School Coordinator

