

16 March 2020



Dear Parents/Carers

RE: Healthy Living Healthy Lives

Research evidence shows that education and health are closely linked. So promoting the health and wellbeing of pupils and students within schools and colleges has the potential to improve their educational outcomes *and* their health and wellbeing outcomes.

In order to support this, led by myself Mrs Brown, this year we are following the Healthy Learning Healthy Lives programme. <https://www.healthylearningdoncaster.co.uk/>

In Doncaster, approximately 1 in 5 Reception Year children are overweight or obese, increasing to 1 in 4 by the time they leave primary school. Our eating habits start early in life and are influenced by many different factors.

As a school we are trying to ensure we offer a healthy, balanced eating environment, promote good habits and teach the children the skills they need to make good choices.

To support this, I have attached the Doncaster Packed Lunch guidance to this letter. This provides ideas for parents and children about what you could include in your child's healthy packed lunch box.

Any questions, please don't hesitate to get in touch.

Kind regards

Mrs E Levers
Head of School

