



*To parents and carers,*

### Healthy Eating Week- 28<sup>th</sup> September-4<sup>th</sup> October 2020

*The aim of Healthy Eating week is to bring the UK together for a dedicated week, focusing on key health messages and promoting healthy habits. We would love you to get involved at home and complete the daily health challenges listed below:*

*Monday - Eat more wholegrains  
Tuesday - Vary your veg  
Wednesday - Drink plenty  
Thursday - Move more  
Friday - Be mind kind  
Saturday - Get active together  
Sunday - Eat together*

*You will find the challenge guides and posters on the website <https://www.nutrition.org.uk/healthyliving/hew/bnfhew20.html> for you to read and complete with your child at home. I would love to see your pictures of you taking part in the challenges. Please send them to [br-admin@vennacademy.org](mailto:br-admin@vennacademy.org).*

*Mrs Brown  
HLHL Lead*

