

Dear Parent/Carer,

In an effort to promote healthy eating and to support families in improving pupil's food choices, Broughton Primary are having a Healthy Snacks Week from Monday 29th February to Friday 4th March.

Children need healthy snacks to help them grow and stay healthy. If you give your child healthy snacks now, they are more likely to learn to make healthy food choices in the future. Healthy snacks can also have a positive impact on behaviour. We are noticing an increase in unhealthy snacks being brought into school and want to encourage pupils to bring healthy snacks to school that are low in sugar, fat and salt.

In order to make this a fun challenge for the pupils, each class will have a tally chart to complete with the total amount of healthy snacks being brought in each day. Each class's results will be shared at assembly where the winner will be announced. There will also be activities for each class throughout the week.

Primary 1-3 will be taking part in a music workshop with The Barrowband, focusing on fruit and vegetables. For this we ask for a contribution of £2 per child to cover the costs. P4-7 will be taking part in a healthy snack workshop with Broughton Road Tesco's.

Thank you very much for your support and please ask your child's teacher if you have any questions.

Here is a link to the Child Smile website which provides ideas for healthy snacks. This is also available on the school website.

<http://www.child-smile.org.uk/parents-and-carers/index.aspx>

Best wishes,

Broughton Health & Well-being Group.

P1 -3 only

I have enclosed a £2 contribution for the healthy snack workshop on Tuesday 2nd March.

Name of child: _____