



St Gregory's Catholic Primary School

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Dear Parents/Carers,

The School Council have been leading assemblies and producing displays in school this term all about, 'Healthy Eating.'

They have spoken to all of the children about why it is so important to eat healthily and how it effects our bodies and brains when we do not make healthy choices. As part of our schools, 'Fuel your Body' campaign we are encouraging children to challenge themselves to make healthy choices at school and at home.

Each child has been given a rocket to stick in their homework book. Each part of the rocket has a challenge for the children to do. If they are doing this challenge at home please tick or write a note to show your child's teacher that they are participating. At the end of the term there will be a child from each class who is chosen for their healthy habits and that child will win a prize and an award.



To encourage healthy living we are suggesting that children only bring in healthy snacks to eat at break time. For example, fruits, vegetables, snack or energy bars (and water or juice to drink.) Having a healthy snack at break time will really help the children's brains to function to their highest capacity during their lessons and stop children from running out of energy and getting tired halfway through the day. To help with this cause School Council will be running a 'Tuck Shop' during break time in the Emmaus Room where children can come and buy snack ranging from 5p – 20p every day.

Please encourage your children to not bring sweets, crisps or chocolate to school as a snack and instead either bring a healthy snack from home or buy a healthy snack from the School Council.

Here are some useful websites to look at if you would like to learn more about why it is so important for children to eat healthily.

<https://www.nidirect.gov.uk/articles/healthy-eating-children>

<https://www.nhs.uk/change4life>



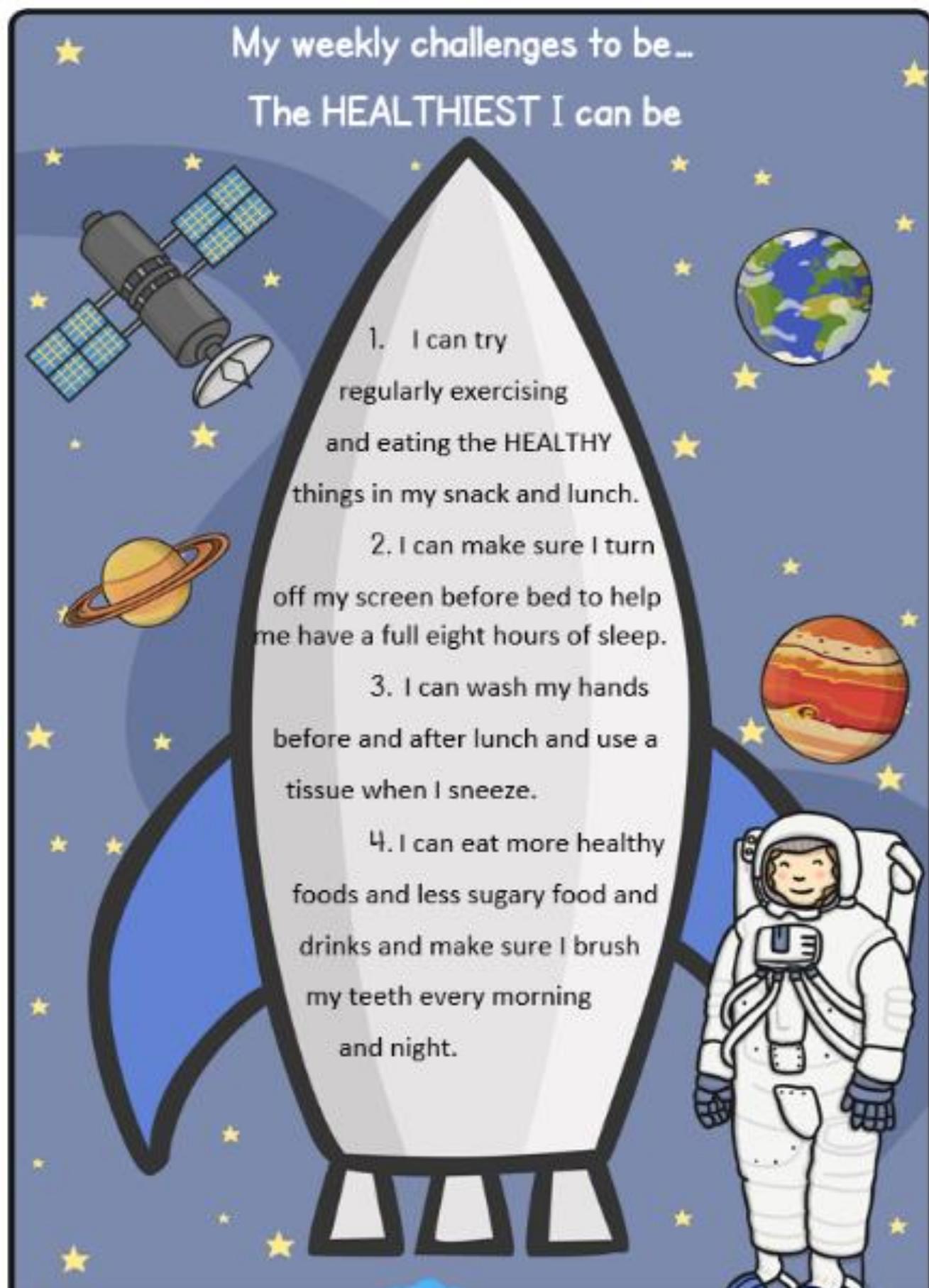
Many thanks for your support,

Miss. Harrison and the School Council



My weekly challenges to be...

The HEALTHIEST I can be



1. I can try
regularly exercising
and eating the HEALTHY
things in my snack and lunch.

2. I can make sure I turn
off my screen before bed to help
me have a full eight hours of sleep.

3. I can wash my hands
before and after lunch and use a
tissue when I sneeze.

4. I can eat more healthy
foods and less sugary food and
drinks and make sure I brush
my teeth every morning
and night.