


Dear Parents/Carers

It's Healthy Schools Week at Hollickwood next week 10-14 June 2019!

The purpose of the Week is to promote key health messages and habits to young people.

We will be trying some of the British Nutrition Foundation's Healthy Eating Week challenges during the Week. You can support your child with the challenges by trying the activities below.

The challenge	Family activity ideas
	Have a special healthy family breakfast – include wholegrain or higher fibre varieties of food (e.g. wholegrain breakfast cereal, wholemeal bread), a portion or more of your 5 A DAY and an unsweetened drink.
	Create a family 5 A DAY planner – plan what you'll have for your 5 A DAY every day for a week – keep it on the fridge to help everyone remember! Can you include a vegetable or fruit that none of
	Track your drinks – get everyone at home to keep track of what they drink for a day. Did everyone manage to have at least 6-8 unsweetened drinks?
	Get everyone active – as a family, try a new activity that gets everyone's heart beating faster. You could invent a new game and play it in the park!
	Plan a relaxing routine – plan a relaxing bedtime routine for everyone at home. Bedrooms should be 'sleep friendly' – dark, quiet and cool. Remember to turn off electronic devices at least 1 hour before bedtime.

During the Week, we will be sharing our healthy ideas and practices at school and it would be great to share any healthy tips you have from home too!

We would also like to create our own healthy food cookbook, please email or bring any recipes you and your family love to sturner@hollickwood.barnet.sch.uk or hand them in at the office. If you have any photographs we could include that would be even better!

Please contact Mrs. Turner-Proud if you have any questions.

Best wishes

Mrs. Turner-Proud