

British Nutrition Foundations (BNF)
Healthy Eating Week (14th - 18th June)

Dear Parents/Guardians,

This year the children from Braidside Primary and Nursery School will be participating in the British Nutrition Foundation (BNF) Healthy Eating Week.

The purpose of British Nutrition Foundation Healthy Eating Week is to encourage all UK workplaces, universities, schools and nurseries to come together to focus on healthy eating and drinking, and physical activity and celebrate healthy living.

There are five healthy challenges at the heart of BNF Healthy Eating, these are



During Healthy Eating week we will focus on one element each day -



On Monday, 14th June, the teachers are going to make breakfast for the pupils in their class! Please keep an eye on teams/see-saw for further information for your child's class.

Tuesday, 15th June, we are encouraging each child to eat 5 pieces of fruit or vegetables throughout the day. To do this we are asking that parents provide a piece of fruit or some vegetables for their child's healthy snack. If possible, it would be great if they could also have some fruit or vegetables for their lunch too.

Wednesday, 16th June, we are asking that each child brings water to school to drink throughout the day. They can still have their usual favourite drink at lunch time.

Thursday, 17th June will be 'Get Active Day'. On Thursday your child should come to school dressed in their PE kit. On Thursday, **the pupils in KS2** will be participating in the Dairy Council Programme.

Friday, 18th June will be 'Try something New' day. Again, please keep an eye on teams/see-saw for more information for your child's class.

Thank- you for your co-operation

Mrs Kim McLaughlin

KS2 Curriculum Coordinator.