

# Healthy Living Focus

'Be the change we want to see in the world!'



Roe Green Junior School Healthy Living  
Days 30th September– 1st October 2019



During the week beginning Monday 30th September we will be holding a celebration of all things healthy. The theme will be '**One Health, One Planet - let's make a change.**' Children will be engaged in a variety of activities exploring physical and mental well-being as well as reducing waste to help our school become plastic free. There are great opportunities for you, as parents and carers, to get involved. So take the time to read through this newsletter so that we can work together to make this a success.

## Packed Lunches and Snacks

We want to take this opportunity to highlight the importance of your child having a balanced diet. Please make sure your child is getting enough nutrients within their packed lunch and playtime snacks to fuel them for a busy day of learning.

Packed lunches should include: a carbohydrate, protein, fruits or vegetables and a drink of water. For example: a sandwich, a yoghurt, some hummus and vegetables to dip and an apple and a drink. **One small bag of crisps or a cereal bar or chocolate biscuit are limited to Fridays only.**

**Snacks for playtimes must only be raw fruits or vegetables.**



## GET INVOLVED!

We would really appreciate your support by getting involved in some of the activities during the week.

Each year group will be doing a morning run at 8.15am on the field. Meet us with your child at the field gates if you want to join in.

We are holding our walk to school week in conjunction with healthy living. Please ensure that you are walking, cycling or park and striding to school.

There will be lots of activities in your child's class. If you would like to be involved and help out, see the class teacher.

## Reduce Waste Challenge

Reduce waste and packaging to an absolute minimum.

Join the challenge and be green when packing your children's lunches. Aim to reduce unnecessary packaging and wrapping by using re-usable containers. Avoid single use plastic and reduce the waste we produce as a school and as a community.



One Health  
One Planet

Let's make a  
change!



## What's happening in School?

Each year group will be carrying out different class-based activities, related to healthy living, throughout the week.

- All children will be having a **healthy breakfast** on one day of the week.

**Year 4 and Year 6 = Monday morning**

**Year 3 and Year 5 = Tuesday morning**

This is **NOT** a substitute for their breakfast at home!

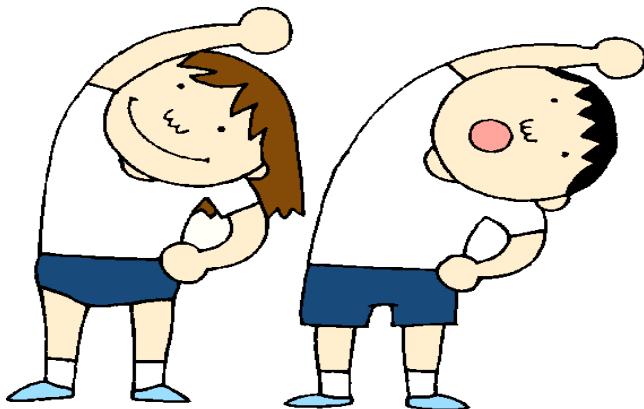
- **Morning run—starting at 8.15 on the field**

**Monday = Year 3 and Year 5**

**Tuesday = Year 4 and Year 6**

**Remember adults are welcome too.**

**This is weather permitting.**



On **Monday 30th September** we will be holding a '**Healthy Eating Parent's Pop-Up**' at 8.15 and 3.15 in the front playground.

This is a chance for you as parents and carers to get some inspiration for healthy breakfasts and packed lunches and to get motivated to reduce the waste produced from our packed lunches.

Feel free to join us for a few minutes before dropping your children off or picking them up.

**One Health, One Planet,**  
**Let's make a change!**

- **Year 3:** will be visited by **A-Life**, undertaking a workshop and exercise session throughout the day.
- **Year 4 and 5:** will be participating in **Yoga** sessions to encourage relaxation and reflection.
- **Year 5:** will also be part of some basic **first aid training** during the week.
- **Year 6:** will take part in a **variety of exercise sessions** for example, the bleep test to develop fitness and to promote and encourage children to try new activities.
- **All classes** will be learning about healthy living topics and how to reduce single-use plastic from their lunch boxes.

### **Interesting and useful websites.**

<http://www.healthylunch.org.uk/about/content/>  
[www.healthforkids.co.uk](http://www.healthforkids.co.uk)  
[www.nourishinteractive.com](http://www.nourishinteractive.com)  
[www.goodfood.com/recipes/collection.healthy-kids](http://www.goodfood.com/recipes/collection.healthy-kids)  
[www.nutrition.org.uk/healthyliving](http://www.nutrition.org.uk/healthyliving)



**REDUCE OUR  
Challenge**



**IT STARTS HERE!**

**We need your help!**

Look out for the **family plastic challenge pledge** for ideas on how we can make a difference together.

