

Health and Well-being Newsletter

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February 2018

Welcome to the first newsletter of 2018. I hope you all enjoyed Christmas, even though it feels like it was such a long time ago.

Just wanted to update you all on up and coming events around health and wellbeing. If you have any questions with anything to do with health and wellbeing then please see someone from the health and wellbeing team.

We are here to offer advice and support to pupils, staff and parents.

Health and wellbeing team

Your health and wellbeing team are:

Mrs Holdsworth

Mrs Batty

Mrs Judge

Mrs Haynes

Up and coming events:

Breakfast Club: We have been busy looking at breakfast club and have had a lot of interest. More information about this will be sent out so please keep checking your child's book bags and the website for information.

Change for life day- After the success of the 'Food Smart Day' last March, we are looking at doing another day looking at this year's change 4 life campaign 100 calorie snacks. We will be doing activities throughout the day across the school and would love it if you could join us again. More information will follow when everything has been confirmed.

Going for gold: We are continuing to strive to achieve 'gold' in the Healthy Places Award Scheme. We would like to thank you for all of your support since starting the journey.

Website: Please check out the website and look in the health and wellbeing folder to keep up to date with what's going on.

We will be putting a recipe a month on the website. This month we are looking at breakfast recipes. Please check these out and have a go at making them.

They are easy to follow and quick to make. Why not make them as a family and send pictures along with your thoughts of the recipe. Please send pictures to: office@cbriggs.nelcmail.co.uk

Thank you

Mrs Holdsworth