



A Healthy Body = A Healthy Mind

Here at Chattenden School, we strive to achieve good habits involving physical exercise and a healthy diet. These are embedded into our children from EYFS and reinforced throughout their school journey, allowing them to leave primary school with the fundamental beliefs of how important exercise and healthy eating are.

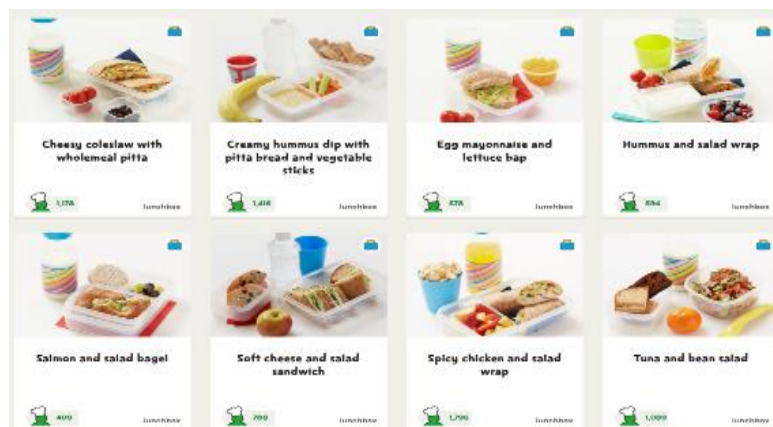
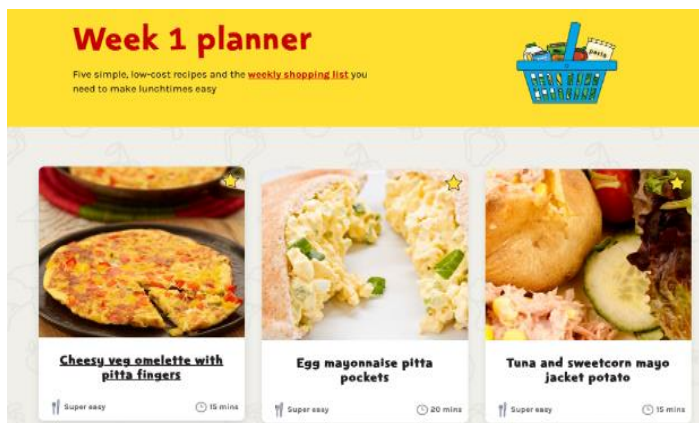
This newsletter is to help you, help us support and nurture our children in the right way.

England's 'School Sport and Activity Action Plan' (2019) represents a statement of intent to ongoing collaboration at national level to ensure that physical activity and sport are an integral part of both the school day and after-school activities. The plan outlines three overarching ambitions, these being:

- All children and young people take part in 60 minutes of physical activity every day.
- Children and young people have the opportunity to realise developmental, character-building experiences through sport, competition and active pursuits.
- All sport and physical activity provision for children and young people is designed around the principles of physical literacy, focuses on fun and enjoyment and aims to reach the least active.

With one of the ambitions being that young people should take part in 60 minutes of exercise daily, this guide will assist parents with different strategies to motivate children to engage in a variety of activities during the half term:

Half Term Activities:	
Football 4 All: Tuesday 1st & Wednesday 2nd June, please email football4all1@hotmail.co.uk for further details.	Junior Park Run: Every Sunday at The Strand, 9:30 for 4-10years. Register online, print your barcode and away you go!
Mini Ballers: Thursday 3rd & Friday 4th June, please email adam.davies@kentcrusaders.co.uk for further details.	Change 4 Life: Activities you can do at home, click on the link https://www.nhs.uk/change4life
The Strand Open Air Pool: Opens from 29th May, to pre- book a session, click on the following link: https://www.medway.gov.uk/info/200336/the_strand_leisure_park	Lunch Recipe Ideas: https://www.nhs.uk/change4life/recipes/unch/cheap-holiday-lunch-ideas



Packed Lunches

Chattenden Primary School is committed to encouraging healthy lifestyles for all of our pupils. This starts with nutrition. Studies have shown that children eating the correct amount of nutrients can lead to an improvement in children's cognitive development and academic performance. This is why it is essential that you provide your child with a healthy and nutritious packed lunch.

Lunchtime staff have noticed that some unhealthy elements have crept into the children's packed lunches. For the things that are not considered to be healthy, we are here to give you some healthy alternatives to replace those less nutritious snacks. Please use the link below for help: <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-recipes>

Please use the school's lunchbox guidance below for ideas of what to put inside and what not to put inside your child's lunchbox:

Food and drink that are recommended for a healthy lunchbox	Food and drink not permitted as part of our healthy school programme
Wraps/pitta Rice cakes Oatcakes Plain or fruit cakes Yoghurts/frubes/milk/Water Cubes of cheese/babybel/dairylea Vegetables and dips Fresh Fruit snacks A meat or protein food such as lean meat, hard-boiled egg, chicken & tuna Bread/roll Crackers Bagels Pasta/Rice Crisp Alternatives such as corn based snacks, whole grain snacks (e.g. sunbites) puffed rice snacks (e.g. Snack-a-Jacks) Homemade pizza Dried fruit	Fizzy Drinks/ Capri Sun Fruit Juice Fried Crisps (on a Friday only as a treat) Chocolate Peanut Butter (due to Peanut allergies) Energy drinks Pork Pies Sausage Rolls

Another useful link for tips and ideas is The Eatwell guide <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>. It shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

By working and taking action together, these steps will help to satisfy our care of duty as a school for the children's wellbeing.

Kind and healthy regards,

Mrs Stickings
PE Coordinator