

St Aidan's Catholic Primary School
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Headteacher: Mr M Boland

11th June 2021

Dear Parent/Carer

Healthy Eating Week – 14th June to 18th June 2021

In England 1 in 3 children leaving primary school are overweight or living with obesity. Tackling and preventing obesity is a high priority for the Government as it is associated with reduced life expectancy and a range of health conditions including type 2 diabetes, cardiovascular disease, liver and respiratory disease and cancer.

Obesity can also have an impact on mental health, therefore next week we are running our second healthy eating week of the year. The aims of our healthy eating weeks are to increase children's knowledge and understanding around healthy foods and diets and why they are important for our bodies as well as our physical and mental health.

During healthy eating week the children will be trying and learning about healthy breakfasts, snacks, lunches and dinners as well as the negative impacts of fast food. **Healthy breakfasts and snacks will be prepared by the kitchen staff for all children in the school to try, these will include scrambled egg on wholemeal toast, and also a variety of dips and vegetables. On Wednesday the school main meal will be a chicken pasta dish or an optional choice of jacket potato and on Thursday the children will be trying Quorn chilli with boiled rice or an optional choice of a sandwich.**

PLEASE ENSURE THE SCHOOL OFFICE ARE UP TO DATE WITH ANY FOOD ALLERGIES YOUR CHILD/REN MAY HAVE.

Yours faithfully

Mr Craig
PE Teacher