



Active Sefton
Sport & Recreation
Magdalen House
Trinity Road
Bootle
Merseyside
L20 3NJ

24th April 2019

Dear Parent/Guardian,

As part of Active Sefton's new '**Active Schools**' programme, we are excited to be working closely with **Hudson Primary** to help promote and celebrate healthy choices made by pupils at lunch time.

From **Monday 29th April to Friday 3rd May**, the whole school will be taking part in '**Healthy Lunch Week**', an exciting initiative designed to help pupils learn about 'smart-swaps' and choosing healthier alternatives at lunch time. All pupils will get the opportunity to win stickers and raffle tickets for the chance to win some healthy prizes for their class!

Making simple swaps at lunch time such as choosing wholegrain bread instead of white, chopped vegetables instead of crisps or swapping sugary juice drinks for water or milk can go a long way in helping children stay healthy with more energy to concentrate in school and stay active. Please turn over this letter with further information about 'Healthy Lunch Week'.

For more healthy lunch ideas or to learn about any other programmes and initiatives available to your school from Active Sefton, please don't hesitate to contact the team via the contact details below.

Kind regards,

Nicola Kenny

0-19 Development Officer

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Healthy Lunch Week Information for parents/guardians

What is Healthy Lunch Week?

- Healthy lunch week is a fun and exciting way to help everyone in our school learn about making healthy choices at lunchtime.
- Regularly eating a healthy nutritious lunch helps children concentrate and stay active at school!
- Healthy lunch week has plenty of opportunities for children to learn about and celebrate making healthy choices.
- All students will have the opportunity to win stickers, certificates and a range of prizes for their class for making healthy choices!

It is important to remember that food provides us with energy to play out and concentrate in class and without this energy we would not be able to function very well.

We will always ensure that the children understand that it is always better to eat something rather than nothing but throughout the week the Active Sefton team and the student health champions will be around to discuss ways we can make healthy swaps in the future.

Examples of Healthy Choices

- Try swapping white bread for wholemeal or 50-50 alternatives for long-lasting energy!



- Feeling fruity? Swapping chocolate and biscuits for fresh fruit is a great way to get your 5-A-Day!



- Switching from fizzy drinks to water or sugar-free cordial is a great way to reduce daily sugar intake

