

Healthy Eating Challenges



Congratulations to all those who took part. Below are our prize winners and a report follows.



Over the last few weeks there has been a real buzz about Healthy Eating Month and it has been great to see so many children focussing on making small changes to their lives to be healthier. Some of the main highlights at the end of the month are;

***298 children returned their challenge trackers. That is 29 more than last year.**

***160 children completed every challenge for every day possible. That is an amazing 69 more than last year.**

***30 Infant and 30 Junior children received prizes in the draw. A special thank you to our school uniform providers Broadwater Sports for donating a voucher and a football.**

Well done to all the children that completed some or all of the Healthy Eating challenges for four weeks. On Tuesday, we had an assembly to celebrate the children's achievements. Two hundred and ninety-eight children returned their tacker sheets. All the children that handed in a tracker sheet received a certificate and sixty children also received prizes if their name was picked during the draw.

Seventy-nine Infant children and eighty-one Junior children completed every challenge for every day recorded on the sheet. All these children received a special sticker for their achievement. We were also really impressed with the number of children that have now completed all the challenges for two or more years in a row. This is a real achievement and we are wondering if they can continue it next year.

A huge well done to the children pictures below for completing all the challenge for three years;



These children went into Gold Book.

We also ran a competition to see which class had the greatest number of participants. Class Gold Book certificates were given to the two winning classes returning them on time; Robin Class with an

impressive twenty-five children that returned their trackers and Swallow Class with twenty-two.

We are hoping that you have enjoyed the challenges we have set this term and over the holiday you will continue to enjoy keeping fit and healthy as a family.

Children in Reception to Year 2 should have received a 'Train Like a Jedi' pack. This is the new Change 4 Life campaign to get children active over the summer break and you may like to encourage your child to take part.

You can find out more at;

<https://www.nhs.uk/change4life/activities/train-like-a-jedi>