

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;

***345 children returned their challenge trackers. That is 46 more than last year and we beat our target of 300.**

***177 children completed every challenge for every day possible.**

***35 Infant and 35 Junior children received prizes in the draw.**

***Swift Class and Duck class all returned their trackers so they received a fruit hamper to share as a class.**

A special thank you to our Broadwater Co-op for donating some of the fruit for these hampers.

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

Seventy-nine Infant children and ninety-eight 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. Those completing two years were given a teacher award. Any

children who have completed all the challenges for an amazing three or four years were put in Gold Book.

A huge well done to the children below from year 6 who have completed every challenge every year since the start of Healthy Eating month. They both got to choose a prize.



We also ran a competition to see which class had the greatest number of participants. Class Gold Book certificates and a hamper of fruit were given to the two winning classes returning them on time; Duck class with an impressive thirty children that returned their trackers and Swift Class with thirty-two. The children

will now share their fruit hampers together over the next two days.



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 'Shake Up your summer' flyer. This is a Change 4 Life campaign to get children active over the summer break and you may like to encourage your child to take part.