



BURSLEY ACADEMY

Principal Mr B Wilkinson BEd NPQH

Tel: 01782 567740

Fax: 01782 567741

E-mail: office@bursley.staffs.sch.uk



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Dear Parent/Carer

Healthy Schools

Here at Bursley Academy we are working towards achieving a Healthy Schools Status. The criteria for achieving this not only relates to the taught curriculum within school, but also to the emotional, physical and learning environment that the school provides.

These areas include:

- Personal Development including PSHE education, Citizenship & SMSC (spiritual, moral, social and cultural development)
- Healthy lifestyles including Healthy Eating and Physical Activity
- Behaviour and Welfare including safeguarding

To help us achieve this status we are going to be making small changes, firstly starting with healthy lifestyles.

Tuck

We are hugely proud of the increase of fruit being brought in for children's snack during break time. Some classes now have **more than half of the class** bringing fruit for their snack, helping to contribute to their five a day. At the end of each half term, the class that has brought in the most fruit will win a session of their choice with Premier Sport including Bazooka ball, Nerf guns, Dodge ball, Zorb sports and more.

Please can we remind you that children are only allowed to bring in healthy snacks for their tuck and that 'treat' day is on Wednesdays only, when they are allowed to bring in a small biscuit bar such as a penguin or a packet of crisps etc.

Walk to School Week-21st 25th May

Walk to School Week encourages parents and children to leave the car at home and to have the chance to get outside and get fit by walking to and from school. Every year, the Walk to School campaign brings together nearly one million schoolchildren, teachers and parents. Walking to school offers many different health benefits. If you live further away, you could **Park and Stride**. This is where the parent/carer parks their car further away from school and could walk the last 5-10 minutes of their journey. Even if your child attends the before and after school club, they will have the opportunity to walk for 5-10 minutes. Each class will record the amount of children walking to and from school and the winning class from each key stage will win a prize.

Healthy Eating Week-11th-15th June

The purpose of BNF (British Nutrition Foundation) Healthy Eating Week is to encourage all UK workplaces, universities, schools and nurseries to come together to focus on healthy eating, drinking, and physical activity, to celebrate healthy living. We have decided to take part this year whereby we take on the 5 challenges set. These include:

- Monday- Have breakfast (before coming to school)
- Tuesday- Have 5 A Day (eat 5 portions of fruit or veg)
- Wednesday- Try something new (children will try something new in school)
- Thursday- Get active (children will be active throughout the day at school)
- Friday- Make a change (children will think about healthy changes in school and make a pledge)

Nutritional Workshops

Our catering suppliers Chartwells will be coming into school on 12th June to deliver a whole school assembly and workshops in class, to promote healthy food choices.

This will be a great opportunity for all children and we strongly encourage you to help and support our Healthy Eating Week which will hopefully help us all to be healthier and to live a healthier life.

Thank you so much for your continued support.

Yours sincerely

Mrs Jesch

PE & Healthy Schools Co-Ordinator