

'Healthy Me'

8/11/21

Dear parent,

On Monday 8th November, we will begin our Healthy Living Week. During this week your child will be involved in a range of activities in school that will promote health and well-being both physically and emotionally.

We will also be trying some Healthy Living Week challenges during the Week. These are:

- Have breakfast;
- Have 5 A DAY;
- Drink plenty;
- Get active;
- Make a change.

This is where YOU come in!



We are asking you to support and encourage your child so that they can successfully fill out and complete the Healthy Choices reward chart for the week. Your involvement makes it so much more enjoyable and fun for your child.

We would love ❤️ to see some photos of your child carrying out their activities! Don't be camera shy and jump into the photo too! You can send the photos to jmcdaid896@c2k.ni.net throughout the week and they will be displayed.

All staff in our school will be taking part in this activity! Our school community recognise the importance of being healthy and the benefits it brings so we look forward to the challenge ahead!

At the end of the week your child will hand in their challenge sheet to the class teacher. At next week's assembly your child will be presented with a certificate and a reward for all their hard work!

Thank you for your continued support. Enjoy your fun week of activities with your child!

Mrs J McDaid

(Healthy Living Co-ordinator)

Mr M Meenan

(Principal)