

Sacred Heart RC Primary School



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‘Where Every Heart is Sacred’

Friday 24th May 2024

Dear Parents and Carers,

We are excited to announce that Sacred Heart will be celebrating Healthy Eating Week from Monday 10th June until Friday 14th June. This event is part of our commitment to promoting the health and well-being of our students through education and activities that encourage nutritious eating habits.

Throughout Healthy Eating Week, pupils will engage in a variety of fun and educational activities designed to inspire them to make healthier food choices. The focus of Healthy Eating Week this year is ‘Give It A Go!’ linked to the following themes –

1. Get at least 5 A DAY
2. Stay hydrated
3. Move more
4. Focus on fibre
5. Reduce food waste.

We encourage parents to participate in Healthy Eating Week by discussing the topics covered with your children and trying out some healthy recipes at home. Your involvement is crucial in reinforcing the lessons learned at school and helping to create a supportive environment for healthy choices. Please send any photos of your home participation to me at the following email address – admin@sacredheart-jun.manchester.sch.uk

Children will be sent home with an optional food diary to complete with their food choices of that week. Please return these to school on Monday 17th June.

The children will also be invited to take part in an optional competition.

Competitions -

Nursery and Reception - Please draw a poster with as many of your favourite healthy foods on! How many can you draw on the plate?

Classes 1,2 and 3 –

Eat the Rainbow, Draw the Rainbow - Can you decorate the rainbow with the colours of your favourite foods in? Can you think of foods that are each colour of the rainbow?



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Classes 4,5 and 6 -

Design a healthy picnic. Can you include items from all the different food groups? Can you include foods from all colours of the rainbow?

Classes 7, 8 and 9 -

Can you write and illustrate a page with a recipe on, for your favourite healthy meal? What do we need, how do we cook it, and what should it look like?

Competitions sheets will be given out on Friday 24th May – this will give children time to think about this or even complete it over half term. Entries should be returned by Friday 14th June. You may use your own sheet or template for any of the competition entries if you wish.

I am also pleased that on Thursday 13th June 2024 at 9am, a team of nurses have been invited into school to deliver a Healthy Lifestyle workshop to our parents and carers. This will include a power point presentation on healthy lunchboxes, activities, fitness and healthy choices. There will also be the opportunity for you to ask questions. It will last approximately 45 mins. Each parent who attends will have a raffle ticket with the chance of winning a prize.

Please inform me if you will be attending by completing the slip below or emailing me at - admin@sacredheart-jun.manchester.sch.uk

We believe that Healthy Eating Week will be a valuable experience for our pupils and help them develop lifelong healthy eating habits.

Thank you for your support and participation in making this event a success.

Kind Regards,
Mrs Bancroft

RSHE Leader

I will be attending the Healthy Lifestyle Workshop on Thursday 13th June 2024 at 9am.

Name –

Child's name –

Child's Class -

