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Healthy Living

Dear parents, carers and guardians,

As you may be aware, we have been exploring how we can have a healthy lifestyle and we wanted to let you know about some of the things we have been looking at and provide some guidance and clarity on how we keep healthy in our school. The impact of high sugar snacks and drinks can be extremely negative, both in terms of health and spikes in children's energy levels in school which can adversely affect behaviour. Half of the sugar children eat comes from snacks and sugary drinks. The potential health risks are well documented:



- Dental problems
- Obesity
- Increase in the number of children with diabetes

We are conscious that this can be a sensitive issue and there are always concerns over the cost of fresh fruit and vegetables but please be assured we want to work together to ensure the children lead healthy lifestyles.

Break time snacks

At the beginning of the year all the children looked at healthy eating and each class created a menu of appropriate and healthy snacks at break time. In line with theirs and government recommendations we have agreed the following snacks at break time:

- Fruit and vegetables (e.g. cucumber / pepper / carrot sticks / strawberries)
- Nuts and seeds
- Low fat and low sugar yogurts e.g. Actimel
- Cheese
- Raisins

This is not an exhaustive list but a good guidance for a healthy snack. We had noticed that some of our children are bringing in large bars of chocolate or packets of sweets or eating large bags of crisps high in saturated fats and salt. These are not suitable as snacks and children will not be permitted to eat them during the school day – staff will be instructed to remove these from the children and return it at the end of school.

You may have also seen recent TV adverts about packaged snacks: '100 calorie snacks, 2 a day max', further information can be found at:

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks#68vfvo0JbKbJzWm.97>

The Change4life website has some really helpful suggestions about healthy lifestyles and we have attached a leaflet with further information about a family snack challenge.



A Bridgwater College Trust Academy



Balanced packed lunches

We would kindly ask that a balanced packed lunch is provided and that snacks high in fat and sugar or coated in chocolate are avoided. Confectionary chocolate bars (e.g. Mars, Dairy Milk etc) are not allowed as part of recommended government guidance. We will remove these and return to the children at the end of the day.

Water bottles

Drinking plenty of water has been shown to have positive benefits to children's learning. We would kindly ask that you provide your child with a labelled water bottle which can then be available throughout the day and in lessons.

Please note, no fizzy or sports drinks are allowed in school and we would recommend that these are avoided outside school as well. This is due to the high amounts of sugar contained in these drinks.

Physical activity

HIT

It has been shown that short bursts of HIT (high intensity training) can have just as effective and positive effects on fitness and wellbeing as a longer run. At Hamp we have started doing 2 sessions of HIT training every day and this includes all staff and children. We currently do 30 second bursts of 5 activities, for example: star-jumps, squats, sprints on the spot, squats and star-jumps. This is great fun and a great way to improve fitness – give it a try at home and get your child to lead the family in a session!

New playground markings

We have revamped our playground with 6 different fitness stations that can be used by all the children at break and lunch times. We have selected play-leaders from Year 5 who lead sessions and can record the amount of time each person has been active for.



Parent and child sports sessions

This year we are using some of our PE grant money to provide parent and child PE fitness sessions on Tuesday afternoons, (2 slots 1-2pm and 2-3pm). This is great way of spending some time together and having a lot of fun and the response from those parents and children has been extremely positive. If you would like to get involved then please do speak to staff in the office or contact Mr Sutton for more information.

We will also be celebrating Sports Relief (23rd March) this year with a range of sporting activities and challenges throughout the day.

Thank you for your continued support.

Mr D Adfield
Head Teacher

Mrs C Clutterbuck
Assistant Head

