



Dear Parents and Carers,

As we come to the end of another successful school year, I would like to take this opportunity to celebrate the fantastic work our children have undertaken through our Healthy Habits programme.

Throughout the year, we have focused on developing positive lifestyle choices, with particular attention on **reducing screen time, healthy eating**, and encouraging children to **try new clubs, activities and sports**. It has been wonderful to see so many pupils embracing these challenges and developing healthy habits that will benefit them both now and in the future.

A significant area of our work has been helping children understand the importance of maintaining a healthy balance between screen-based activities and other aspects of their lives. As a society, there is a growing awareness of the impact excessive screen use and social media can have on children's wellbeing, sleep, physical activity levels and mental health. This shift in understanding is also reflected in recent government discussions and legislation aimed at increasing online safety for young people and encouraging greater accountability from technology and social media companies. By exploring these issues in an age-appropriate way, our pupils have developed a better understanding of how to make positive choices and the importance of spending time being active, connecting with others and enjoying experiences away from screens.

One of our key aims has been to help children discover new interests and passions. We have been fortunate to welcome a range of visitors throughout the year who have inspired pupils to try something different, whether through sport, physical activity or community clubs. These experiences have helped children build confidence, resilience and a willingness to step outside their comfort zones. It has been lovely to hear from the children when they have tried a new club and hope over the summer, they might be able to try out a few more.

We were also delighted to receive sponsorship from **Morrisons**, who provided free fruit for Key Stage 2 pupils during Term 6. This generous support enabled us to further promote healthy eating and encourage children to make nutritious choices as part of their daily routine.

Last week, all of our pupil leadership groups presented to our Executive Head, Kate Grieg, and parents, sharing the work they have been doing throughout the year. It was a proud moment to see the children speak so confidently about their achievements and the positive impact they have had across the school. They explained how they have encouraged more children to try new clubs, successfully lobbied local companies for sponsorship to provide fruit for pupils, and raised awareness of the dangers of excessive screen use. Their enthusiasm, confidence and commitment to making a difference were truly inspiring.

As the summer holidays begin, we would encourage families to continue supporting healthy habits at home. There are some excellent free opportunities available, including:

- **Joe Wicks' new Keep Active programme**, which offers fun ways for children and families to stay active together during the holidays. [Activate with Joe Wicks - BBC iPlayer](#)
- **The National Trust's "50 Things to Do Before You're 11¾"**, packed with outdoor adventures and activities designed to encourage exploration, creativity and time spent in nature. [50 things to do before you're 11¾ | Kids | National Trust](#)

The summer provides a wonderful opportunity for children to stay active, try new experiences, spend time outdoors and create lasting memories with family and friends. Whether it is joining a local club, learning a new skill, exploring the outdoors or simply enjoying quality family time away from screens, every positive experience helps children continue to develop healthy lifelong habits.

Thank you for your continued support throughout the year. We are incredibly proud of all that the children have achieved and look forward to building on these healthy habits when we return in September.

We wish you all a happy, healthy and enjoyable summer break.

Mrs Frith and the Healthy Habits Champions