

CLIFTONVILLE PRIMARY & PRE-SCHOOL

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Head Teacher: Ms Claire Whichcord



Dear Parents and Carers,

We are excited to share with you a new initiative we will be launching this academic year: our **Healthy Habits Programme**, designed to support the physical and mental wellbeing of all our pupils.

This programme focuses on three key strands that we believe will help children develop lifelong healthy habits:

1. Trying New Sports and Clubs

We will be inviting local sports coaches and club leaders into school to speak with the children about opportunities available outside of school; this will sometimes include trial sessions that will take place during the school day. From martial arts to dance, football to scouts, we hope to inspire pupils to explore new interests and get active in their local community and to possibly find a lifelong interest. We know that children who engage with sports and external clubs do better academically and socially in the future.

2. Healthy Eating and Trying New Foods

Throughout the year, we will be encouraging children to learn about nutrition and explore a variety of healthy foods. There will be themed tasting sessions, cooking activities and classroom discussions to help children understand the benefits of a balanced diet and feel confident trying new things.

3. Reducing Screen Time by Trying New Activities

We understand the challenges of screen time in today's digital world. As part of our programme, we'll be encouraging children to discover alternative activities that promote creativity, movement, and social interaction. This includes outdoor play,



reading challenges, and hands-on hobbies. We would encourage you to take a look at the website: [Smartphone Free Childhood US | Childhood's Too Short to Be Spent on a Smartphone](#) which has a wealth of resources and a WhatsApp group for parents to support choices around smartphones for children.

We hope this initiative will not only benefit pupils during the school day but also spark positive changes at home. We'll be sharing updates, tips, and resources with you throughout the year to help support these habits beyond the classroom. The first of these you can find below, which is a copy of activities for children to try at home. They also have a copy in class and if they bring in some evidence such as a photo or something they have made they can share in the weekly Healthy Habits assembly. When they have shared evidence and marked off a row they can come and get a special Healthy Habits award from Mrs Frith.

If you run a club that you would like to promote to the children, please do contact Mrs Frith on afrith@cliftonvilleprimary.co.uk

Thank you for your continued support. If you have any questions or would like to get involved, please don't hesitate to contact us.

Warm regards,



Andrea Frith (Assistant Head)

Did you know you should only spend a maximum of 30 minutes a day on screens? Try our screen time bingo alternatives and when you have shared a picture or something you have made with your class, colour in a square. Alternatively make your own screen time alternative bingo with activities you enjoy. When you get a row come and see Mrs Frith for a reward!

B I N G O				
Blow bubbles	Make up a dance routine	Feed some birds/ducks	Do a jigsaw	Nature scavenger hunt
Try a new craft	Visit the library	Make a fort from blankets	Play at the park	Try a new food
Bake a cake	Make dinner		Make an obstacle course	Play with a ball
Make a junk model	Make up a story	Dance to your favourite songs	Colour a picture	Read a book
Visit a museum	Try a new sport	Go for a walk to the beach	Make a card for a special person.	Play a board game