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Dear Parents/Carers

Re: Healthy Eating week 2021

Next week is Healthy Eating Week 2021, a national week dedicated to reviewing the choices we make to keep well. We take the health of our students very seriously and continue to educate them about the importance of a healthy diet and lifestyle. I'd like to take this opportunity to share that during tutor time, we will be discussing Healthy Eating. There are 5 topics we will cover:

- have breakfast
- have 5 a day
- drink plenty
- get active
- make a change.

There are also many helpful ideas on swapping food choices for healthier options, recipes and ideas for being active for 60 minutes a day at the following link:

<https://www.nhs.uk/change4life>

<https://www.nutrition.org.uk/healthyliving/healthydiet.html>

Finally, if your child brings lunch and snacks to school we would also like you to consider our drive for healthier eating as a school and try to leave out foods that are high in sugar or fat such as cake, chocolate, biscuits and crisps. Other advice includes swapping processed meat for tuna or chicken and trying wholegrain or granary bread products instead of white, and staying hydrated with water, milk or low sugar squash. We do not allow fizzy drinks in school, particularly energy drinks.

Thank you for your support with this and if you have any further questions, please don't hesitate to contact me.

Yours sincerely

Mrs Liz Taylor

Head of Food and Nutrition

