

Dear Parent/Carer,

At Padnell Infant school we 'GROW' our bodies, our brains and our hearts. We know that making changes to live a healthy life can be difficult, information changes all the time and it can be hard to know where to start, so the school nurse team, in partnership with Barnardo's and the Family support service would like to invite you, a parent of an under 5 year old, to an information assembly on how to keep your little one as healthy as possible.

Your child will have been weighed and measured last term, in School as part of the National Childhood Measuring Programme (NCMP). By now you should have received a letter in the post with their weight, height and BMI centile.

The results might be surprising but they are just a snap shot of your child's weight and it's not the end of the world.

The assembly will be here at Padnell Infant School on ...

Date: Friday 12th January 2018 at 9.30 am

Refreshments available from 8.50am

We will have information on the day about;

- Swapping hidden high sugar and high fat foods
- Tackling fussy eating
- Eatwell guide
- Lunch box tips

You will also be able to enrol on the HENRY Healthy Living course at the assembly which looks at the following;

- Parenting skills
- Eating patterns and behaviour
- Healthy eating
- Physical activity
- Emotional well-being

Look forward to seeing you there,

Havant School Nursing Team, Barnardo's and the Family Support Service.

