



# Hackney Free & Parochial Church of England Secondary School

Specialist Sports College  
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19/01/10

## Healthy Lifestyles Week 25<sup>th</sup> January-29<sup>th</sup> January 2010

Dear Parent Guardian,

I am writing to inform you about a cross-curricular themed week for all Year 7 & 8 students. The week is designed to increase knowledge and understanding of all aspects of health and to motivate students to adopt a healthy lifestyle. The school's recent Ofsted report rated the school as **outstanding** for:

*'The extent to which pupils adopt healthy lifestyles'*

The themed week helps to encourage students to stay healthy and enjoy the physical activities that the school offers.

During the week your child will be given a work booklet containing a range of activities including; a food diary, quiz, report and a page where they will receive stamps if they eat fruit or vegetables at break and lunchtimes. The booklet can be completed either in tutor time or at home, please support and encourage your child to complete the booklet.

Students will also be invited to attend an enrichment session from 14:45-15:45 on either Tuesday 26<sup>th</sup> or Thursday 28<sup>th</sup> of January. They will be given an invitation for the session they have been chosen for. We would really encourage you to support your child's participation in these enrichment sessions, however if for any reason they can not attend can you complete the reply slip below and return to the form tutor.

Finally at the end of the week students will be participating in a Food tasting session in PSHCEE. If your child has any food allergies, could you also complete the slip and hand in to the form tutor.

Thank you for your support

Miss L Seymour  
CAL: Science, PE and SEAL.

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I do not wish \_\_\_\_\_ to take part in the enrichment activity.

\_\_\_\_\_ is allergic to \_\_\_\_\_

Signed \_\_\_\_\_

