

Dear Parents,

Welcome back- it promises to be another very busy year!

I am writing to inform you about a few changes and exciting initiatives that will be taking place over the next few weeks. In light of the new emphasis on promoting a healthy and active lifestyle and ensuring that children have knowledge to equip them for life, we have signed up to take part in the Northamptonshire 'Healthy Child Initiative.' We are just one of many schools in Northampton who have signed up to working closely with the Healthy Schools team and we are hoping to achieve some fantastic results and successes. I want Cogenhoe to give all of our children the best start possible in life and help to educate both our parents and the wider community.

Part of the programme enables us to be fully supported throughout, so we now have a designated school advisor from the county with whom I will be working very closely with. In addition to this, we now have a designated team within school who will be managing and organising all different aspects of the initiative.

Within the next few weeks, our whole school Healthy Eating Policy will be updated and you will be informed of any changes that will be happening. We will really be encouraging and teaching the children to try to have a healthy snack at break times. Furthermore, the Year 6 pupils will be running a healthy tuck shop each day at break time for Key Stage 2 children so that every child can purchase a healthy snack, if they wish to. The children applied for the jobs and we have successfully appointed two managers to oversee the running of the tuck shop on a day to day basis. This will also enable our pupils to demonstrate their enterprise skills with ordering stock, stock taking, handling money and marketing the business.

Furthermore, we have reviewed our lunchtime provision by purchasing new equipment for the children and giant games for our new game zone. A rota has also been implemented so that each year group can have dedicated time in each of the different areas on the playground. We are hoping that this will ensure that all children have a happy and healthy lunchtime.

Lastly, we are going to be having a whole school health week commencing on **Monday 9th November** which will involve live cooking demonstrations, food tasting, exercise classes and outside agency visits. Local chefs and sports stars will also be coming to meet the children. If you have any other suggestions or requests as to what we can do both during in school and outside of school to help promote a healthy lifestyle, then please do come and speak to me at a convenient time.

I will keep you up to date regularly by posting any useful links/ information on our school website under the section 'Healthy Schools'.

Many thanks for your continued support,

Mrs Oldham

Deputy Headteacher