

Tuesday 31st October 2017

Dear George Eliot Families,

RE: MEND (Mind, Exercise, Nutrition, Do it!) in School

I hope this letter finds you well. I am writing to inform you about an exciting new programme that has started at George Eliot Primary School today.

We are delighted to welcome two members of the MyTime Active team to George Eliot who will be working with us this year to promote nutrition education and physical activity. Alba and Joseph will be with us every Tuesday for the academic year working predominantly with Years 1 and 3 to deliver sessions around nutrition and exercise. They will also be available during lunch times and playtime to support children across the school in developing their understanding of healthy lifestyles.

Each week, Alba and Joseph will send an update with a physical activity and nutrition challenge for the whole school. Keep an eye out for their display boards which will contain information and tips for keeping healthy. There will also be some nutritious and delicious recipes!

Kind regards,

Joe Lettington

Healthy Schools Coordinator

