Monday 4th November 2019

Dear Parents / Carers,

**Year 1 – Health Education**

We are writing to inform you that your child is taking part in healthy lifestyle sessions that will begin this Wednesday.

ABL Health, commissioned and funded by Stockport Council (Public Health), are offering **free** health education lessons to selected Stockport primary schools.

Our school has taken up this offer and the programme will support schools in preparation for the new statutory guidance, “Relationships and Sex Education (RSE) and Health Education” which comes into effect in September 2020.

The lessons run over three consecutive weeks, lasting for one hour each week, and are designed to share health messages through fun interactive activities for all Year 1 pupils.

A different topic is discussed each week, followed by some fun physical activities and games. The topics delivered include:

* food facts,
* sugars in drinks
* becoming more active.

These lessons give a balanced approach for adopting a healthier lifestyle in a fun and engaging way and are delivered by ABL Health Lifestyle Coaches who are qualified exercise and nutrition professionals and experienced in working with children.

All the children who complete the lessons receive an achievement certificate for taking part. We are sure that this will be a fun and informative addition to our curriculum.

Yours sincerely

D.Marshall

Headteacher

