



News from the Nest

8th April 2019

How 'food smart' is your child?

Dear Parents,

Together with this newsletter your child should bring home a little pack from the Change4Life healthy eating team. The pack encourages children to think about being "Food Smart" and to raise their awareness of how much, sugar, fat and salt are in different foods. The initiative is being promoted across the country and is aimed at helping children to be informed about what they eat and the choices they make. It is not about stopping children from enjoying chocolate or biscuits as a treat but making them aware that they need to make sure they eat a balance of foods and how to make healthier choices.



The facts from Change4Life:

In 2018, a quarter of all children suffered from tooth decay by the time they were 5 years old and almost half (46%) of 8 year olds had tooth decay, the most common reason for 5 to 9 year olds being admitted to hospital. Nationally the amount of sugar consumed by the average child per year is 3 times the maximum recommended daily amount.

The recommended daily maximum added sugar intake is:

- 19g, that's 5 sugar cubes for children aged 4 to 6
- 24g, that's 6 sugar cubes for children aged 7 to 10
- 30g, that's 7 sugar cubes children aged 11 or older and adults



A fifth of 4 to 5 year olds and a third of 10 and 11 year olds are overweight or obese. Overweight children are more likely to become overweight adults making them more prone to a range of serious health problems, such as heart disease, some cancers and Type 2 diabetes. There are now 2.5 million people suffering from Type 2 diabetes, 90% of whom are overweight or obese.

At Wren's Nest we make sure our PE lessons are active and accessible to all children. We run a range of sports and activity clubs, including a happy and healthy club and take part in sports competitions across the Borough. Just prior to half term we took part in a football tournament, playing at Dome stadium and over the next month we will be participating in a Gymnastics Competition, Cross Country running at Baggeridge Park and in the Dudley Schools Tag Rugby Tournament.

Helping children to understand how to keep themselves fit and healthy is really important and we very much believe in the saying "Healthy Body... Healthy Mind". Please encourage your child to look at the "Be Food Smart" pack, to make healthy choices and to think about how they can keep fit and healthy.



Thank you,

www.nhs.uk/change4life

**Message from Mrs Gallimore
(our Healthy Living Co-ordinator)**

Today I led an assembly to introduce the Food Smart materials that your child will be bringing home today and to talk about the importance of having a healthy mind. A healthy mind is just as important as a healthy body!

In assembly we discussed some 'big' feelings that carry on for longer than just a day and can worry us. We thought about the special people we have to talk to at home and at school and who can help us when we are worried about something.

We are going to implement a 'Worry Box' across KS1 and KS2 for children to share any worries they may have - especially if they are too nervous or shy to tell an adult.

Mental health is so important. We want children to know that it is important to speak up if they have any concerns. That adults both at home and school can help them and a worry shared is often a worry halved!

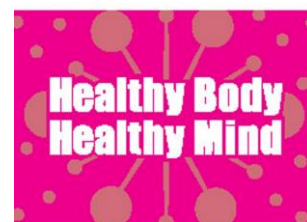
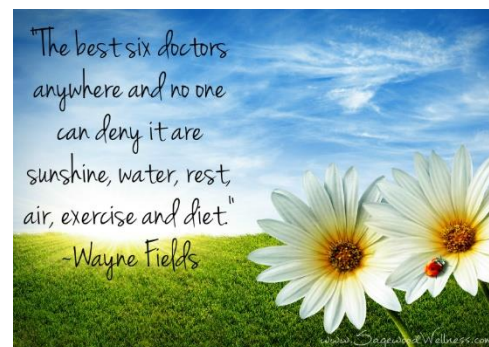
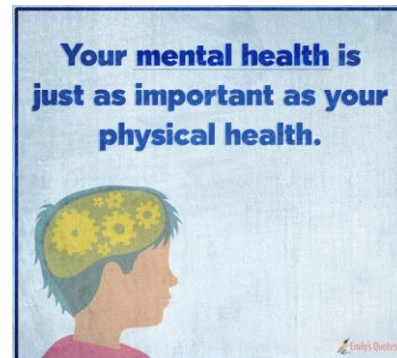
If, as a parent, you need any advice or help on how to discuss any issues with your children then we are always here to help and can put you in touch with specialists if you feel that this is appropriate.

Young Minds is a fantastic charity organisation and their website is full of help, ideas and links to gain further information.

<https://youngminds.org.uk/>

Wishing you all a healthy and happy Easter!

Mrs Gallimore, Health Living Co-ordinator



YOUNGmINDS

Local Elections - Thursday 2nd May 2019

School will be closed to children on this day as the school is used as a Polling Station by Dudley Council.

Apologies for any inconvenience caused.

