



PURBROOK INFANT SCHOOL
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Dear Parents/Carers of Children in Year 1

We are excited to share with you that on Tuesday 17 March, our school nurses will be delivering 'Sugar Swap' workshops to each of our Year 1 classes.

The title of the session is 'No food is a bad food!' and the aim is for the children to gain a greater understanding of what excess sugar does to the body. We will encourage children to think about how they can be healthier by making healthier lifestyle choices.

Each session will last approximately one hour and will comprise of four different workshops that the children will rotate around. The sessions will take place during the school day in the ICT suite.

Workshops will concentrate on the following:

1. **Scanning food products** – the children will have an opportunity to scan a variety of different 'favourites' using the barcodes on the food product packaging. The 'Change for Life' app will then educate the children as to the content of sugar / fat / salt in each of the selected food items.
2. **Portion sizes** – the children will use scales to weigh out different cereals and learn about appropriate portion sizes.
3. **How sugar affects the body** – the children will take part in a range of basic biology-type activities and will then complete a quiz to test their knowledge!
4. **Food tasting** – the children will have an opportunity to taste a variety of fresh, healthy foods (some of which they might be less likely to have tried before). We will also look at tasting healthy substitutes for some of our favourite less healthy snacks i.e. rice cakes/popcorn instead of crisps or malt loaf instead of cake etc. **May we therefore ask that any information regarding dietary requirements or allergies, is up to date at our school office prior to Friday 13 March.**

We hope in the near future, to be able to introduce similar sessions in both our foundation stage and Year 2 classes. In the meantime, however, should you wish to visit the ICT suite with your child (regardless of their year group) to explore the workshops yourselves, please do come along! Our school nurses will leave the workshops set up and will be available to speak with you at the end of the school day. As this falls on the same day as our Year R cake sale, we suggest you enter the school via the ICT suite door (between the North door and Robins' Class door via the playground). This we hope, will avoid the crowds of parents and children wishing to attend the cake sale via the main entrance door. Please do feel free to the move through the school afterwards to the hall should you wish to treat yourself with something a little less healthy from our cake sale!

Yours sincerely,

Mrs Z McBride
SENDCo