



# Thomas Coram Centre and Nursery School

Dear Parents,



## Healthy Lives Focus Week



Monday 30<sup>th</sup> January- Friday 3<sup>rd</sup> February 2023






Healthy Week this term at Thomas Coram Centre is all about promoting and reinforcing healthy eating, emotional well-being and the importance of physical activity.

We will do this through a range of fun and exciting sessions so that the children build on their understanding of:

- How to maintain a healthy lifestyle including the benefits of physical activity, gardening, cooking, healthy eating and dental health.
- How to make choices that improve their physical and emotional health.
- The importance of personal hygiene such as washing hands, throwing tissues in the bin and flushing toilets.

We are asking you to join in this fun campaign too.

Please:

- Ensure you child brushes their teeth twice a day 
- Bring in vegetable snacks rather than fruit (tasty veggie snacks are so much better for your teeth). 
- Encourage your child to walk at least some way to and from nursery. Toddler children can walk through the parks and through the Coram courtyard. 
  - Kinder children should be walking or scooting to school.
  - Toddler children, please reduce the time they are sitting in their buggies for most of the week and for most of their journey. 
- Please talk to your child about road safety and ensure they hold your hand.
- Please try not to use your mobile phone as you walk and chat with your child on their way to school- there's so much to look at and discover! 
- We will be celebrating our walking with some special stickers!

**The Early Years Foundations Stage requires children to learn about:**

**Physical development:** providing opportunities for young children to be active and interactive, develop their co-ordination, control, and movement, understand the importance of physical activity, and make healthy choices about food.

**Personal, social and emotional development:** helping children to develop a positive sense of themselves and others, form positive relationships and respect others, develop social skills and learn how to manage their feelings, understand appropriate behaviour in groups and to have confidence in their own abilities.

**Communication and language:** giving children opportunities to experience a rich language environment, develop their confidence and skill in expressing themselves, and speak and listen in a range of situations.

The logo for the National Health Service (NHS), consisting of the letters "NHS" in a white, bold, sans-serif font, centered within a solid blue rectangular background.

**NHS**

## **The NHS Physical activity guidelines for children under 5 years**

Pre-schoolers should spend at least 3 hours a day doing a variety of physical activities spread throughout the day, including active and outdoor play. The more the better and should include at least 60 minutes of moderate-to-vigorous intensity physical activity.

Children under 5 should not be inactive for long periods, except when they're asleep. Watching TV, travelling by car, bus or train, or being strapped into a buggy for long periods are not good for a child's health and development.