



Camelot Primary School

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Monday 4th December 2017

Dear Parents and Carers of Yr 3 & 4 Children,

Re: Health and Wellbeing Programme

Our school has been working in partnership with the London PE and School Sports Network to deliver a health and wellbeing programme taking place in primary schools across Southwark.

On Tuesday 5th December and Tuesday 12th December, Years Three and Four will be taking part in 2-hour workshops to help students understand the importance of a healthy lifestyle and to combat obesity levels in the borough. Currently, Southwark has some of the highest rates of obesity in Britain with 43% of children in year 6 leaving school obese.

The session will focus on the Eatwell Guide and food groups, energy balance, food labels, portion size and reducing sugar, salt & saturated fat in the diet.

Yours faithfully,

Mr Robinson
Headteacher