

Active Swaps



Tuesday 15th November 2016

Dear Parents/Carers,

This week as part of the Active Movement programme we are asking the children who bring in a packed lunch to swap one item in their lunch box for a more healthy option. We would like to trial this with the children for the next two weeks. For example:

- Brown bread instead of white bread
- Fruit instead of chocolate
- Water instead of sugary drinks
- Carrot sticks instead of crisps

Those children who swap will be given house points/rewards. At lunchtime we will ask the children to share with us what they have swapped. These tiny changes encourage the children to have good nutritional habits for life. Please support us in helping us to achieve our goal of being a healthy school.

Yours sincerely
Miss Taylor

Assistant Head Teacher

St Ignatius Catholic Primary School

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