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Dear Parents/Carers,



Foundation stage will be working in conjunction with 'Health in Education Bedfordshire' and 'Change 4 Life' with a 5 lesson in-class programme. The planned delivery by staff will equip our children, and parents/carers with the skills and knowledge to make informed health and life choices and to reach their full potential via meaningful outcomes. The 5 lesson programme is called 'Making the most of me and good food for me'.



Each lesson will have a link to developing self-confidence and self-awareness as well as a communication and language link, a physical development link, a literacy link and an understanding of the world link.



Over the five weeks we shall be looking at: different types of bread, different types of snack, and different types of fruit and vegetables. Throughout the five weeks, there will be occasions when we send home information for you to share with your child. Each lesson will also focus on a picture book linked to snacks and fruits and vegetables. You may like to look at the following books at home with your child: **Oliver's Milkshake**, **The Healthy Wolf**, **Oliver's Fruit Salad**, and **Oliver's Vegetables**. We hope you find these books very useful.



Throughout the five weeks, the children will experience: bread, cress, raisins, popcorn, fruit and vegetables. *Please can we ask for a small donation towards the snacks of £1 which can be sent into your class teachers. Please can you label the envelope 'making the most of me'.*



We would also like to ask you to come and see your child's teachers if your child has any allergies with the above named foods.



The aim of this unit of work is to deliver positive changes in attitude, understanding, behaviour and aspirations towards healthy lifestyles of Reception pupils.



This is a very exciting project and we are looking forward to sharing this with both our children and parents and carers.

Thank you for your continued support

Foundation Team