

12<sup>th</sup> May 2017

Dear Parent / Guardian,

**Re: Important events next week**

Assalamualaikum Wa Rahmatullahi Wa Barakatuhu.

I hope that this letter reaches you all in the best of Imaan and health.

I am writing to inform you that next week is an important week for our children as we are having a few events insha'Allah. They are as follows:



'Health Awareness Week' – **HEALTHY BODIES HEALTHY MINDS**

Please help us to celebrate Healthy Eating Week 15<sup>th</sup> – 19<sup>th</sup> May!



A healthy diet and regular physical activity can stabilise energy, sharpen the mind, and improve mood, allowing children to maximise their potential both inside and outside of school, and it should be **FUN** and does not need to be difficult.



We will be mainly focusing on three main areas: **diet, exercise** and **healthy minds**. There will be a mixture of health related activities throughout the week which are all designed to enable our children to be prepared for their future lives and to be as healthy as possible.



We will be discussing at length in our morning assemblies benefits of walking to school and back. Research has shown that child obesity is rising as reported by the NHS. One in 10 children was obese at the start primary school in England last year but one in five was obese by the end, according to the Health and Social Care Information Centre.

Further, 25% children in Reception are either obese or overweight, by the time they reach Year 6 33% are obese or overweight and from these children 20% are overweight or obese adults. Finally, 20% children obese leave primary school and we wouldn't want our children to fall into this category as it can also affect our worship (i'baadah).

Children's health and wellness has always been a priority for us. But a critical element of our ongoing commitment is teaching kids and their parents about the importance of eating healthy foods and involving them in the fight against childhood obesity. You can help!

## What are we doing about it?



We have advised our children to 'Walk to school' for the next week. Using last year's ideas that were very successful; children living nearby can jog to school instead of walking; those who travel by **Bus** can get off a stop earlier and walk to school and those who use the **Tube** can walk round the school building before coming into the playground. This will add about 5 to 7 minutes extra to their journey time. You may discuss this with your children and choose the best option suitable. However, children need to be accompanied by parents until they are dropped off at school.

Children will be given coupons for the minutes they have walked which will be added to the class pool. The class having the highest points will be rewarded with extra hours in the park on Friday.

## Our healthy week timetable next week



On **Monday** children can come to school on their bicycles or scooters.



**Physiotherapy** - On this day we will be inviting a Physiotherapist who will be doing a workshop on **Nutrition** and **physical activity sessions** in the afternoon. These sessions will be for our school children and parents Insha'Allah. This will be a taster session for parents and teachers; if this is successful then we will be having regular weekly sessions insha'Allah. All the parents are invited. But due to limited spaces to accommodate all there will be a few spaces allocated to parents on first come first serve basis. If you are interested in joining in this session please fill in the slip below and hand it in to Aneesa in the secretary's office



**Tuesday** Furthermore, we have also been promoting the benefits of drinking water. Early this week children were asked to do some research on the benefits of water. Please help them research it and create an '**Eye-Catching**' poster. The best 3 posters will be receiving a prize. The posters **should** come in by **Tuesday** the latest.



On **Wednesday** children come to school in their colourful shoes or dressed in a sporty outfit – cricketer, footballer, boxer etc. It should be related to a sport. They will also be **bringing £1** towards the charity. This money will be going to **Cancer Research Center**.



We are also taking this opportunity to generate discussions with children about what constitutes a **healthy diet** and to get them interested and excited about the food choices that they make. Our Chef Abdur Raheem always serves vegetables with the fantastic school lunches that he provides, so you can be confident that your children are having a portion of salad / vegetables every day. Your contribution here will be to convince your children to eat it and not to throw it away.



**Friday Healthy Picnic** – We also request you to encourage them to try different foods so that they are getting exposed to different tastes and food types that they might not have had experienced before. We are also keen to ensure that packed lunches are as healthy as they can be and are looking forward to working with you and our children to do this next week. We will be randomly picking a few lunch boxes; children with the healthiest lunch boxes will be reward. Hence, on Friday we will be having our '**Healthy Pack-Lunches**' in the park under the bright sun Insha'Allah.

Last year Sr. Batool had a workshop on healthy cooking and that was a hit. Children and adult equally loved it. Alhamdulillah she has agreed once again to do a session in the assembly.



Cooking healthy food with your children is also a great way to spend time with them and to get them interested in food. We hope that you enjoy having conversations with your children about what they are doing in school during Health Eating Week. I would like to thank you as always for your continued support.

There are lots of great resources online that can help you with recipe ideas, here are a couple that we have found: <http://www.nutritionist-resource.org.uk/content/healthy-eating-forkids.html/>  
<http://www.foodafactoflife.org.uk/>.



**Last but not the least** we will be organising an **Urban Smoothie Bike** for the whole week. They are stationary bikes fitted with special blenders that spin as you pedal, mixing up delicious fruit smoothies in an instant. Children will simply fill the blender with fruit and juices, pedal away for a minute or two, and they will have a healthy pedal-powered fruit smoothie for themselves to drink. It's as simple as that! It's a fun and innovative way to promote a healthy lifestyle to our pupils and to make them feel that healthy eating and physical activity can be fun!

Due to health and safety concerns or allergies we will be operating on '**Bring you own fruit**' system. Milk will be provided by the school. If your child has dairy allergy you may send a replacement or water can also be used if necessary. However, there will be charge of **50p** small glass and **£1** for a bigger glass.



Science activities: Most of the science lessons taught during Health Week will focus on the importance of healthy eating, physical exercise and what makes a healthy body. We will be covering: balanced diet, benefits of different sports & the effect exercise has on your body and what affects recovery.



Sports Day: Insha'Allah this will be in the last two weeks of our academic year. We are still waiting from the council to confirm the date.

Yours sincerely



Anjum Tariq Qazi

Deputy Headteacher

Please book a space for me \_\_\_\_\_ (your name),  
mother of \_\_\_\_\_ (your child's name), in year \_\_\_\_\_ would  
like to take part in the exercise session on Monday 15<sup>th</sup> May 2017 at Al Muntada  
School at 1:30 pm.



Don't forget to follow us our Facebook page – "Al Muntada Primary"

