



Diocese of Norwich  
Education and  
Academies Trust

## The Nar Valley Federation of Church Academies

Executive Headteacher: Mrs Anne Neary

Web: [www.narvalleyfederation.co.uk](http://www.narvalleyfederation.co.uk)

Dear Parents/Carers,

### Health and Well-Being

As we prepare to start a new school year, and welcome some new parents to our community, we thought it would be a good opportunity to communicate a few details about how we promote and support being a healthy school.



#### Outdoor play:

During each season our staff will always try to get the children outside during break and lunch times. This means having named suncream and a sun hat (summer) or a suitable coat, gloves and hats, wellies or waterproof footwear (winter).



#### Snacks:

Every child in reception, year one and year two are offered a healthy snack through the government scheme. Older children are encouraged to bring their own healthy snack, such as fruit, to eat during the morning break.



#### Lunch Boxes:

Throughout our curriculum we discuss the importance of balanced meals and variation of diet. We encourage the children to be aware of the food groups and the need to have a combination of foods. We strongly recommend that children do not bring sweets, chocolate or fizzy drinks in their lunches.



#### Peanuts:

We are a peanut-free school. This means no peanut butter or peanuts to be brought to school for snacks or packed lunches, due to a registered allergy. Sorry for any inconvenience but we thank you for your co-operation.



#### Hygiene:

We promote the importance of keeping washed and clean, especially washing hands before eating. As the children reach the older year groups we talk about odours and permit and encourage the use of a roll-on deodorant on PE days.



#### Head Lice:

It is important to have a regular routine in order to win the battle of head lice. We would recommend that children are checked at least once a week with the use of a special comb. If any lice are found then heads will need a daily comb and/or the use of a specialised product. If you require any advice or guidance on these products please ask for further details at the school office. It is also worth remembering that lice are not fussy and it is worth checking all the family from time to time!



#### Medication:

If your child needs medication of any kind we will work with you to ensure that your child's needs are met. We are only able to administer medicines prescribed by a doctor. All medication must be clearly labelled, relevant forms giving staff permission to administer them must be signed and medication must be checked regularly to guarantee it is in date.

#### **PATHS (promoting alternative thinking strategies) :**

Each day every class has a Child of the Day. The Child of the Day has certain privileges and responsibilities. Part of their day involves receiving compliments from adults and children in their class. These are recorded on a sheet which goes home with the child, giving the parents the opportunity to add a compliment of their own.