



Northrepps Primary School
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Headteacher: Mrs A Hamilton



12 March 2019

Dear Parents/Carers,

Premier Education Group visit - Monday 18th March 2019 2.35pm

On Monday Premier Education Group are visiting our school to discuss the whole school approach to being healthy.

Premier are a physical activity provider that have been getting children and adults on a path to a healthier lifestyle. They are working to combat rising levels of childhood inactivity and obesity and are looking at ways to prevent it from happening in the first place. Their Wellbeing programmes use a 'Whole School Approach', teaching children, parents and staff vital skills about eating habits, the importance of staying active and taking care of our bodies.

The day itself will engage children, teachers and parents with a healthy lifestyle focusing on food and drink, how to move well and sleep well. In addition our focus will be on mental health and ways in which we can all look after our minds as well as our bodies.

To create a whole school approach, we would like to invite parents and carers to attend a session at 2.35pm to see what the children have been doing and help support the children's learning by focusing on mental and physical health and wellbeing.

Please join us for an interesting and informative session.

