



## HALF-TERM ACTIVITIES

We hope that you all received our booklet outlining half-term activities in the area. If not, details can be found on our Facebook page.



## HALF-TERM SNACK CHALLENGE

Change4Life and Go Golborne are inviting families to try a Family Snack Challenge this half-term!

Did you know half the sugar kids eat comes from unhealthy snacks and sugary drinks? Too much sugar can lead to harmful fat building up inside and serious health problems, and also painful tooth decay.

To help you reduce the amount of sugar your children are consuming, remember fruit and veg are always the best snack, and count towards your child's 5 A Day.

But if you are giving your children packaged snacks, stick to two a day max!

Children will be bringing home a 'challenge pack' including a challenge sheet, healthy snack ideas, and details of fun local activities with a healthy eating theme taking place over half-term. Please look out for the pack in your child's book bag. Can your family complete the 7-day healthier snack challenge?

[Sign up](#) on the Change4Life website to receive money-off vouchers for healthier snacks and lots of helpful tips and ideas and test your knowledge with the online [Change4Life snacking quiz](#)

## EYFS

Both Reception classes had a fantastic time at [Natural History Museum, London](#) this week. They were able to investigate and explore different parts of the museum and deepen their understanding of dinosaurs. "It was T-Rexcellent," said Miss Osborne.



