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HEALTHY SCHOOLS UPDATE – SUMMER 2007

Dear Parents/Carers,

Healthy Food

Healthy Eating remains an important part of our school focus of becoming a Healthy School. We hope that the letter you received from the School Council about Healthy Packed Lunches was helpful. Following the success of our trial with a salad bar for school dinners, we now have a new self-service salad trolley provided by the Schools Catering Service. This is being well-used by children and offers a range of salad items e.g.: potato/pasta salad, tomatoes, peppers, cucumber etc.

A school menu for the Summer Term is provided overleaf.

It is great to see that so many children in Key Stage II are eating a healthy snack. We'd like to remind you that this should only be a piece of fruit or vegetable.

School Council

School Council have been busy collecting ideas about new KS2 play apparatus from all of the classes. They have met with one supplier and viewed possible equipment. The views of the children will be shared with staff and we hope to have new equipment later on this term.

Physical Activity

We recognise that it is in primary school where most children develop their basic skills and enthusiasm for sport. Our school has been part of the School Sports Partnership initiative over the past 3 years. The School Sports Partnerships are families of secondary and primary schools that work together to increase and enhance the quality of sports opportunities for more young people.

Thank you to everyone who took the time to fill in their Physical Activity Questionnaire. We are in the process of analysing the results. Our aim is to continue to improve the out-of-school-hours learning activities that link with local community sports facilities and development programmes.

Walk to School Week: 21st – 25th May 2007

For a whole week, children all around the country will be putting their best foot forward to do their bit to help cut pollution on the school-run.

Clearly, the distance children need to travel to school can affect their ability to take part, but there are ways for everyone to be involved. For example, if you drive your child or children to school, why not try parking away from the school and walking the last part of the journey? Simple ideas such as this can help cut school-gate congestion whilst improving the health of your child and yourself.

Walking is a healthy way of doing your bit for the environment and it keeps you and your children fit. Start the day with fresh air and exercise and you'll feel great!

We hope that you can – in some way – take part in Walk to School Week next week.

Many thanks for your support.

A Lycett

J Cattermole

K Walton