



# The New Beacon

EX FUMO DARE LUCEM

## The New Beacon

Brittains Lane, Sevenoaks, Kent TN13 2PB

Tel 01732 452131

Email [admin@newbeacon.org.uk](mailto:admin@newbeacon.org.uk)

[newbeacon.org.uk](http://newbeacon.org.uk)

7 June 2024

Dear Parents,

We will be celebrating Healthy Living Week from Monday 10<sup>th</sup> to Friday 14<sup>th</sup> June. This is always an exciting opportunity for us to work together to celebrate and enhance your son's knowledge of food groups and a healthy lifestyle.

Healthy Living Week is all about supporting and promoting healthier lifestyles and this year's National theme is "Give it a Go!". **Whether that means having one extra portion of fruit or vegetables a day, being a bit more active, experimenting with a new recipe or using up leftovers – Healthy Living Week is all about giving it a go!** There is a wealth of information and advice on their website which can be found [here](#).

Our focus at school will be on 'Healthy Living' and not just 'Healthy Eating' as there will also be an emphasis on 'Mental Health'.

### Pre-Prep and Junior School

With the success of previous years, we have decided to concentrate on the colours of the rainbow to represent different foods. On each day alongside normal summer uniform, we shall encourage boys in the Pre-Prep and Junior School to wear one small item of clothing of the colour of the day e.g. shoe lace, tie, sock, shoe, t-shirt. *(Should any boys be representing the school during this week, usual school uniform will be needed for that specific occasion.)*

Day colours are as follows:

**Monday – Green**

**Tuesday – Red**

**Wednesday – Orange**

**Thursday – Yellow**

**Friday – Multi-coloured**

### Whole School Snacks

**We hope that you will try to match your son's snack to the colour of the day.** To further support Healthy Living Week, we would appreciate it if your son's snack is **fresh fruit or vegetables, avoiding all packaged fruit and snacks.** We would also love to see some healthy homemade snacks, if you or the boys feel up to a bit of healthy baking at home.

For recipes and other ideas visit '[Food - a fact of life](#)' or [Healthy Eating Week Recipes](#).

The Tesco '[Eat Happy Project](#)' also has lots of fun videos and activities to look at too.



We look forward to having an educational, fun and healthy week! Many thanks for your support with this initiative.

Mrs Rix and Mr Braidwood

Head Sarah Brownsdon BA (Hons), Maîtrise, PGCE

