

25th February 2010

Dear Parents/Carers

As part of the Academy's Sport Specialism I am keen to ensure that our students adopt a healthy, active lifestyle. The vast majority of the Harris Boys' Academy, East Dulwich students take part in an excellent amount of high quality physical activity, either during the academy day or with local clubs in the evenings and weekends.

However, a more difficult aspect of a your Son's/Ward's health to monitor is his diet. The British Medical Association estimates that 30% of boys will be obese by 2020. An obese teen is 70% more likely to become an obese adult with an increased chance of heart disease, diabetes and other serious health concerns.

If you're still not sure of how a child is affected by an unhealthy diet, take a look at this list of startling facts!

If your Son/Ward has 1 (45g) chocolate bar, 1 (35g) packet of crisps and 1 can (330ml) fizzy drink every school day, it will result in an extra 559 kilocalories per day.

To avoid putting on weight, your Son/Ward would have to play 80 minutes of football per school day or run a marathon every 2 school days!

To help prevent these shocking facts becoming a reality, I have prepared a series of helpful hints and ideas to assist you in providing a healthy, balanced diet for your Son/Ward.

1. Leave out a bowl of healthy snacks within easy reach, to prevent unhealthy snacking.
2. Experiment with healthy food. For example, frozen banana chunks make a tasty alternative to ice cream or lollies and challenge a child's perception that eating healthily means boring food.
3. Make sure the adults and older children of the house eat healthily so they set a good example so younger children will want to copy them.

As many of our students bring in a packed lunch, I have also provided an example of what a cost effective, healthy packed lunch could consist of.

Main meals: Chicken tortilla wrap with sweet pepper and carrot slices. Egg and cress multi seed sandwich with cherry tomatoes. Wholemeal pitta bread with tuna and mixed salad.

Dessert: Dried apricots and orange segments. Banana and plain mixed seeds. Plum and a fromage frais.

Drinks: Sparkling or still water, semi-skimmed milk (plain or flavoured)

I hope that these simple ideas can go a long way to ensure that our students become healthy, active young adults in the near future.

For more information, please visit www.schoolfoodtrust.org or contact me at r.carey@harrisdulwichboys.org.uk

Yours sincerely

A handwritten signature in black ink, appearing to be 'R. Carey', written in a cursive style.

Mr R Carey
Director of Specialisms : Sport, Enterprise & Technology