

### CHAMP Coffee Morning

On Wednesday we had our CHAMP coffee morning to talk about the results from the weighing and measuring programme that is carried out across the school each year from reception to year 6. Mrs. Richardson, our sports' lead teacher talked to the parents about the sports' activities that children access before, during and after school. Mrs. Macnamara from CHAMP then talked to the parents about the CHAMP website and how to register to see their child's results and talked about how to read the graph to see if their children were within the healthy weight range.

As a school we encourage all children to make healthy choices and value the support of our families to develop good habits and attitudes towards healthy eating and regular exercise.

