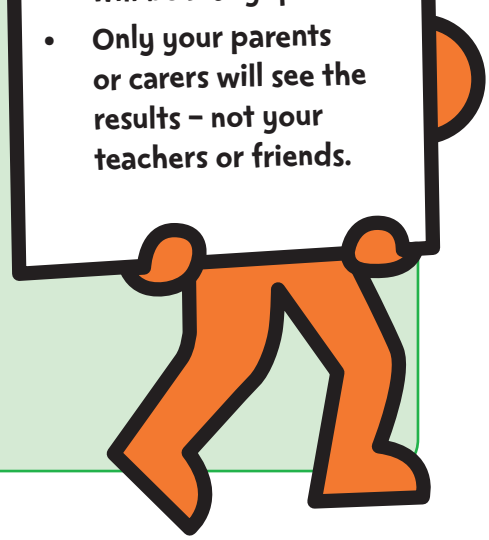
Why is Year 6 being weighed and measured?

The school nursing team is visiting Year 6!

We are going to measure the weight and height of Year 6 pupils as part of our work to help keep the nation healthy.

What will happen?

- You will be measured one at a time in private.
- All you need to do is take your shoes off – it will be really quick!
- Only your parents or carers will see the results – not your teachers or friends.



Did you know?

- Children are weighed and measured when they are babies, and again in Reception and Year 6.
- It helps the government see how healthy the nation is, and plan health and leisure services for children.
- It's a good chance to check how you're developing and think about ways you can become healthier.

Top tips for a healthier you

Everyone can find ways to be healthier – what can you do today?

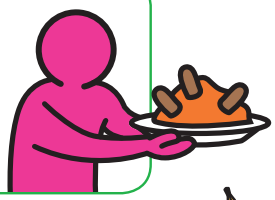
1. 5 a day

Try to eat five portions and a variety of fruit and veg every day.



2. cut back fat

Try and keep foods like crisps, buns, cakes, pastries and biscuits as occasional treats only.



3. watch the salt

Check the label and choose foods lower in salt and try not to add salt, to your food.



4. sugar swaps

Swap sugary drinks for water, lower-fat milks, no-added-sugar or sugar-free drinks.



5. get going every day

Spend at least 60 minutes walking, playing sport, running around or being active every day.



6. me size meals

Children need smaller portions than grown ups. Start with a smaller amount of food on your plate, then ask for more if you are still hungry.

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