



*Learning to encourage, aspire,
persevere and succeed.*

SINCLAIR PRIMARY & NURSERY SCHOOL

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Dear families

After half term, we will be taking part in an exciting new project called Early LifeLab Health Warriors. This is a programme developed and run by the University of Southampton, the NIHR Southampton Biomedical Research Centre and the University Hospital Southampton. The programme is funded by the government and has the aim of empowering children to make healthy life choices. The modules in the programme help to make the science behind the need for a healthy diet, physical activity and sleep accessible to children. The children will be taking part in a variety of exciting and engaging activities linked to these themes throughout the half term. We are incredibly excited to be taking part in this initiative.

As this is a new initiative, there will be an evaluation of the programme and its impact on the children's healthy life choices. This will happen throughout the Summer term. Children in year 2 and year 5 will be taking part in this evaluation which will mean the children completing a short questionnaire and answering some questions prior to and after the modules have been delivered. If your child is in year 2 or year 5, please have a read of the evaluation letter and complete the consent form if you are happy for your child to take part.

Many thanks

Two handwritten signatures in black ink. The first signature is on the left and the second, 'Montague', is on the right.

Mrs Williams and Mrs Montague

