



**Archdiocese of Birmingham**  
**Our Lady of Grace Catholic Academy**  
**Principal: Mrs S Rathbone, BA (Hons) NPQH**  
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Friday 24<sup>th</sup> May 2024

Dear Year 6 Parents/Carers,

On Monday 3<sup>rd</sup> June, the School Nursing team will be delivering a Health Promotion session to all children in Year 6.

The aim of this session is to increase awareness around the importance of a healthy diet, using the Eatwell Guide as a model for healthy eating and promoting the use of the [Better Health Food Scanner app](#) to identify, and consider healthier alternatives to, food and drinks which are high in fat, sugar, and salt.

A brief explanation of the NCMP process will also be given, to allay any pupil anxieties about the weighing and measuring process.

If you have any questions, please contact the school office.

Thank you for your support.

Mrs Rathbone  
Executive Principal

If you require this information in any other format, please contact the school office.

