



Dear Parent/Carer

GROW WELL CHOICES – EARLY YEARS

I am delighted to inform you that we will be running Grow Well Choices Early Years in our establishment. Grow Well Choices Early Years has been developed by NHS Grampian with education partners. It is about the importance of being healthy and making healthy choices. Grow Well Choices Early Years fully supports the delivery of Curriculum for Excellence Experiences and Outcomes.

Grow Well Choices Early Years consists of 6 sessions. Each session will consist of about 15 minutes of story telling followed by fun games and activities. The story is about farm animals who want to take part in the Highland Games. The general topics that will be covered include: being active, healthy eating, oral health and healthy balance including sleep. More detailed information about the programme is given on the next page. The children may be required to bring their gym kits for the 6 sessions.

As well as delivering Grow Well Choices Early Years, we will be sending fun activity work with your child to be completed at home. Your help with completing these activities will be much appreciated.

We would appreciate your support and encouragement with Grow Well Choices Early Years. If you have any questions please do not hesitate to contact me.

Yours faithfully,



Overview of the Grow Well Choices – Early Years

Session 1 – Be Active Together

Introduce the pupils to the story of the farm animals planning to take part in the Highland Games¹; this is like a big sports day with lots of fun games and activities. During the first week Grow Well Farm animals plan to get active. We will talk about physical activity and healthy choices.

Session 2 – Eat Well Together

The farm animals gather produce from the farm which they use to create a lovely meal for them to all sit and eat together. We will talk about the eatwell plate – identify the colours and sizes of the plate with some examples.

Session 3 – Smile!

The farm animals explain the importance of good oral health and the choices they need to make for having healthy teeth. We will talk about oral health and we will look at the different food and drink choices.

Session 4 – Feeling Peckish

The farm animals explain the importance of snacks and look at the variety of snacks available. We will talk about different snacks and how we can make healthier choices.

Session 5 – Healthy Balance

The farm animals enjoy a balance of a good night's sleep, physical activity and food intake. We will talk about sleep and the importance of food and drink to help with growing healthy and staying active.

Session 6 – Going to the Games

The farm animals take part in the Highland Games. We will go over the key messages from previous sessions.



¹ The Highland Games is an event which is held across Scotland throughout the year as a way of celebrating Scottish culture and heritage.