

## Healthy Eating

It is important for your child to eat a varied, balanced diet with plenty of fruit and vegetables. Getting to know different food groups will help you in deciding what and how much your child should be eating. School nurses are available to discuss with you and your child what foods are important for healthy growth and development.

School nurses can also provide guidance into healthy lunch boxes and meal time ideas that will ensure that your child maintains a healthy weight and good development.

For more information on health meals and guideline daily amounts for your child check out the useful link section.

## Physical exercise

Physical exercise should be part of your child's everyday routine and again is important for your child's healthy growth and development. Have a look at the useful links section for physical activity guidelines relevant for your child's age

