



Beam County Primary School
Oval Road North, Dagenham, Essex, RM10 9ED.

31st January 2025

Dear Parent/Carer,

Promoting Healthy Eating and Physical Education Success

As part of our school's commitment to healthy eating and physical education, we aim to prepare our pupils for healthy and active adult lives. Some of you may already be aware that Barking and Dagenham has higher rates of obesity compared to the London average. This includes elevated rates of overweight and obese adults, as well as childhood obesity.

For further reading on Barking and Dagenham's Area Profile (February 2024) please click on link below.

<https://londonsport.org/wp-content/uploads/2024/04/Barking-and-Dagenham.pdf>

We are delighted to share some incredible achievements from a physical education perspective. Our pupils were crowned **Borough Indoor Athletic Winners** for Barking and Dagenham, and in October, we also won the **Borough Cross-Country Competition**. Additionally, we are joint first in participation across all festivals and competitions—an outstanding accomplishment!

While we celebrate these successes, we need your support to promote healthy eating habits. Our efforts in physical activity must be complemented by balanced nutrition. For example, when collecting your child from a healthy sporting activity, please refrain from giving them fast food such as McDonald's, chocolate, or ice cream (as this undoes your child's efforts).

To support you further, this **NHS link** offers practical advice for maintaining a healthy weight for children: [Healthy Weight Advice for Parents](#).

Together, we can make a positive impact on our children's health and future wellbeing. Thank you for your continued support.

Best regards,

Mr Purcell and the sports team

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