



# Guru Nanak Multi Academy Trust Ltd

Incorporating:  
Nanaksar Primary School &  
Guru Nanak Sikh Academy  
Founder – Sant Baba Amar Singh Ji

Tuesday, 24<sup>th</sup> November 2020

## **Healthy Home Habits**

Dear Parents/Carers

We hope you are all keeping safe and well.

The past few months have presented a period of uncertainty and we recognise that this has affected children in different ways. Supporting you and your children during these unusual and difficult circumstances remains our top priority. To this end, we would like to announce the launch of the '*Healthy Home Habits*' initiative. The aims of this initiative are as follows:

- To encourage children to develop their independence
- To promote healthy eating habits at home and school
- To reduce unhealthy screen time and promote quality screen time
- To promote the benefits of using a timetable at home to instil routines
- To promote the zones of regulation and how these can be used at home as a communication tool with children

We have released a video explaining more about this initiative. Please take the time to watch this video and to view the newly available resources on our website under the '*Parents*' section, sub-section '*Healthy Home Habits*'.

Website Link : <https://tinyurl.com/y4zgo4uo>

Just the video link: <https://tinyurl.com/yxewqvcf>

We appreciate all the hard work you do and your cooperation continues to be at the heart of promoting high standards.

Please speak to your child's class teacher if you have any questions about this initiative or if there are further areas where you feel you need support.

Yours faithfully

**Miss A Khinda**  
**Parent Partnerships Lead**