

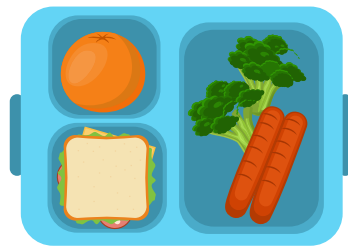
Fit4Life Harrow Charter

Primary School Charter

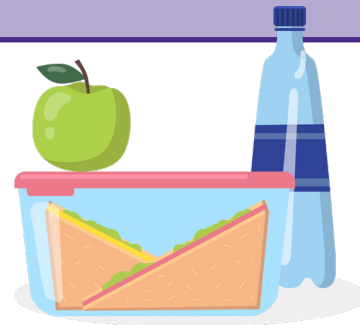
Schools pledge to:



Include health and fitness at the centre of our curriculum



Provide healthy food across the school day



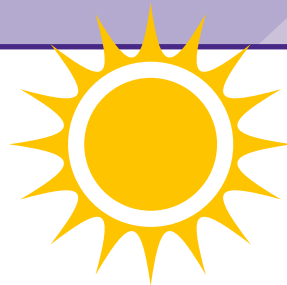
Ensure all packed lunches are healthy



Complete the school's part of **Active 30:30**
(an extra 30 minutes of exercise a day)



Achieve the Healthy Schools London Award



Ensure that interventions are in place to support pupil mental health and wellbeing

Family Charter

Families pledge to:



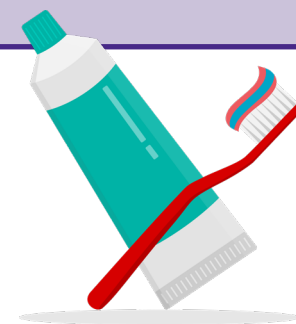
Reduce the amount of sugary foods and drinks



Provide healthy snacks at the end of the school day



Exercise with children outside of school for at least 30 mins a day
(Active 30:30)



Sign-up and regularly attend an NHS Dentist and ensure children brush teeth at least twice a day



Ensure children are up to date with vaccinations



Talk each day to children about how they are feeling and how their day went