

“Congratulations Cottesmore on achieving the Gold Healthy Choice Award for school year 2018 - 2019”

Laura Wood

*Active for Life Manager & Health Improvement Specialist
Brighton and Hove City Council*



Congratulations Cottesmore you have
achieved the Gold Healthy Choice Award



We like that you have a food policy and are encouraging children to bring healthy snacks to schools.
It is great you are offering only water and milk as options at your club.

Food recommendations



We like the variety of hot and cold options available for your children.
The dairy offer is really good providing low fat and a variety of items.

Physical Activity recommendations



It is great to see such a variety of sport and physical activity being offered in your school.
Every primary school must deliver 30 minutes of physical activity for each child everyday and this is a great way to achieve this.

