**Template school letter to parents**

This template letter can be used as a basis for schools to send a letter to parents and carers, encouraging them to get involved in the Great Weight Debate and fill out the survey. Please feel free to amend this letter as you need to suit your school.

 XXX school address

Dear parents and carers,

xxx (insert school) is joining with other schools, councils and NHS organisations to support the first London-wide conversation on childhood obesity.

*The Great Weight Debate - a London conversation on childhood obesity* aims to raise awareness about London’s childhood obesity epidemic and seek ideas from Londoners on how children can be supported to lead healthier lives.

London has more overweight and obese children than any other global city, including New York. Obese children are at increased risk of high cholesterol, high blood pressure, pre-diabetes, bone and joint problems and breathing difficulties. Being overweight or obese can affect a child’s mental well-being, lead to low self-esteem and absence from school.

Parents and carers can join the conversation about childhood obesity by filling in the five minute Great Weight Debate survey.

The survey can be found on the Great Weight Debate website at

The website includes more information for parents, carers and professionals about childhood obesity and includes a section where Londoners can make a healthy living pledge.

Please share the survey widely through your parenting networks and on your social media sites.

Evidence from global experts highlight that Londoners are living in an abnormal environment where our surroundings make it harder to follow a healthy lifestyle and maintain a healthy weight. Londoners have easy access to high fat, sugar and salty foods in abundance 24/7.

Add in any GWD activities or events your school is holding here or ask parents and carers if they would like to get involved and arrange an event.

The Great Weight Debate is being coordinated by Healthy London Partnership and supported by London’s councils, 32 CCGs, NHS England (London), the Greater London Authority, Public Health England and NHS England.

Yours sincerely,

Signed and sent from Head teacher