

## Reedley Primary School

Reedley School Reedley Road Reedley Burnley BB10 2NE 01282 693688

[www.reedley.lancs.sch.uk](http://www.reedley.lancs.sch.uk)

Headteacher: Mrs Sarah Bell



Thursday, 22 April 2021

Dear Parents/Carers,

As part of the Year 3 PE work, our children are taking part in a scheme called GULP (Give Up Loving Pop) to help promote a healthy lifestyle over the next 6 weeks. This programme is being delivered in conjunction with Burnley Football Club. There is further information at the bottom of this page.

In addition to these lessons, they can take part in a challenge to reduce the amount of fizzy drinks that they consume.

If the children take part in this challenge, they will be asked to record in school, the days they do not have fizzy or sugary drinks. There are various incentives such as stickers, for children who achieve this challenge.

They have also received a free water bottle each as part of this health promotion.

If you wish to find out more about these lessons you can ask to speak to Mr Wall in school, who works for BFC.

Thank you for your support,

Mrs Sarah Bell  
Headteacher

### [Information from Paula Cooper , Senior Public Health Practitioner, Lancashire County Council](#)

GULP (Give Up Loving Pop) is an evidence-based health programme that aims to raise awareness of the health harms associated with over consumption of sugary drinks. The campaign is aimed at young people and families with a view to reducing consumption of sugary drinks and encouraging water intake: <http://www.giveuplovingpop.org.uk/>

Lancashire County Council's (LCC) Public Health Department is working with public health charity Healthy Stadia to implement a school-based GULP campaign to be delivered by the community trusts at three professional football clubs in the LCC footprint – Accrington Stanley, Burnley and Preston North End.

Delivery of the programme will consist of:

- Delivery of Year 3 assembly & launch of 21-day GULP challenge (Wk1)
- Delivery of 30-minute education modules across Wks2-4, plus 30 minutes physical activity sessions after delivery of education modules
- Conclusion of 21-day GULP challenge