

2nd November 2021

Dear parents and carers,

I am writing today on what we can all do to build our resilience to Covid-19 in response to rising cases in some areas across the country.

The best way for someone to boost their immune system is to adopt a healthy lifestyle. Following general good health guidelines is the best step anyone can take towards keeping up their immunity naturally.

Whilst some of these things may sound quite basic, taken together, they contribute to the body being in the best health to be able to fight and recover from any infection. You and your child may wish to consider:

- Taking supplements such as Vitamin D, Zinc and Vitamin C which all have important functions including boosting the immune system.
- Eating a diet high in fruits and vegetables ([please see the Eatwell Guide here](#)).
- Dietary diversity - a diverse diet increases "good" bacteria in the gut which is associated with reduced frequency of infection.
- Probiotic foods - 70% of immune function resides in the gut and a healthy digestion is important for a healthy immune system.
- Exercising regularly.
- Getting a good night's sleep.
- Take steps to avoid infection such as washing your hands frequently.
- Stress affects your immune system - yoga, meditation and breathing exercises can all help to reduce stress.

Thank you for considering what else you and your family might be able to do to build our resilience to Covid-19. Our priority remains everyone's safety, and doing everything we can to keep the Academy open so that our students are where they need to be - in the classroom, learning together.

Yours sincerely,



Principal
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