



THE
SWEYNE PARK
SCHOOL

OPEN EVENING

Thursday 17th September: 5.30pm - 8.00pm



Headteacher's talks at 5.45pm and 7.00pm



Excellent pastoral care.
Strong focus on character education.
Extensive and supportive Year 6 transition programme.
Highly qualified, passionate teachers.
Comprehensive careers education and ongoing guidance.

READY

RESPECTFUL

SAFE

Tours every day from Monday 21st September - Tuesday 29th September
at 8.55am: meet at Reception - no appointment necessary.



01268 784721



www.sweynepark.com



Sweyne Park School



@sweyneparkschool



The Sweyne Park School, Sir Walter Raleigh Drive
Rayleigh, Essex SS6 9BZ
Headteacher: John Edwards



PART OF THE RAYLEIGH SCHOOLS TRUST

PICK YOUR LUNCH



**NHS Food Scanner App -
Healthier Families - NHS**



**Brush your Teeth
twice a day with
Toothpaste**



**Visit the Dentist
every 6 months - it is
FREE on the NHS**

Carbohydrates



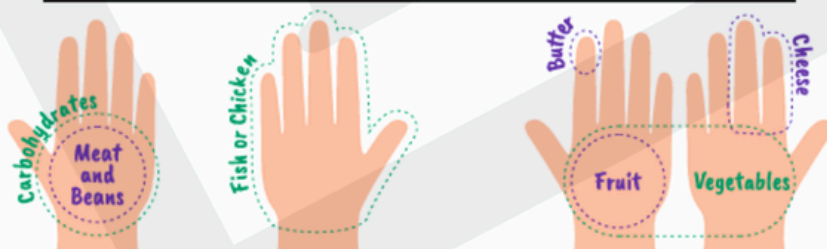
Fillings



Snacks



Get Portion Wise - Portion Sizes



**Check the label on
packaged foods and
choose foods lower
in fat, salt, and sugar**

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal