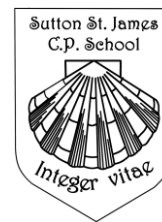




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Headteacher: Miss Claire Willows



22nd March 2016,

Dear Parents,

Healthy Eating and Life Choices In School – Starting after the Easter holiday (Tuesday 12th April)

As you are aware the Governors and I have been revisiting the Whole School Food Policy to ensure that the school is complying with the new School Food Standards introduced by the Government recently.

Following consultation with parents seeking your views and opinions about many different issues related to food in school, through a questionnaire, and following discussion at Governors meetings we have now finalised our Healthy Food Policy which you can view on the school website.

In future, starting from after the Easter holiday (Tuesday 12th April 2016), we will be encouraging children to eat healthily by asking children to bring in a mid-morning snack of fruit or vegetables only. If children bring in snacks other than fruit and vegetables then they will be sent home with the child at the end of the day. Some children find that, if they have had a good breakfast, they do not feel hungry or require a mid-morning snack. It is not essential for children to have a mid-morning snack and hence we feel that if they have one that these should only consist of healthy snacks that won't spoil their appetite at lunch time.

Children in Wrens and Swallows (Reception and Key Stage 1) will continue to receive their free fruit/vegetable snack provided by the Government each day. If they would prefer to bring in their own fruit/vegetable snack then they can do so.

Children are also encouraged to bring in their water bottle everyday which they can have in their classroom to drink from during lessons, except when whole class teaching input is happening. This can be refilled at break and lunchtime and will help to keep the children hydrated, helping to reduce the chance of them developing headaches.

At lunch times the children who bring in packed lunches are being encouraged to make healthy choices by using our traffic light lists of foods which give guidance on foods that are healthy, those which are ok in moderation, and those which should only be eaten as occasional treats outside of school hours. This will help to make sure that the children are eating as healthily as those having hot lunches at school.

School will continue to educate the children about making healthy food choices and the benefits of exercise. The message that we give to children is that there aren't any foods that should never be eaten, but that it is essential to make sensible choices and eat foods that are less healthy in moderation or as occasional treats at home. The children are taught about hidden sugar, salt and fat in processed foods and the potential impact that high fat, salt and sugar diets may have on their health in later life, but they are never told that there are foods that they should never eat. In addition to this the children are taught about the benefits of exercising and playing outside. They are taught how this helps their bodies to stay fit and strong and gives them a positive sense of wellbeing.

Please find attached the traffic light list of suggested foods for lunchboxes and a leaflet giving ideas for making lunchboxes fun, interesting, healthy and enjoyable.

In addition to encouraging children to make healthy food choices I feel that it is important to get children into good habits with regards to exercise. Therefore after half term all children in the school will take part in a short exercise challenge every day. This will be circuits around the playground when the weather allows us to do so safely. All children will be encouraged to try their best and to push

themselves to raise their heart rate building their physical fitness. The children will need to have suitable footwear in school everyday to enable them to take part (trainers or plimsolls).

Thank you for supporting the school in encouraging your children to make sensible choices and in educating them about how to eat healthily. If you would like any further support on how you can make lunchboxes healthy and interesting do not hesitate to come in and speak to me.

Yours sincerely

Miss C Willows
Headteacher