

Wednesday 17th July 2024

Healthy Schools Award

Dear Parents and Carers,

In the new academic year, we will be aiming to achieve 'Healthy Schools' status. We feel this is such an important part of school life and that it is important we encourage healthy habits for all children and staff. Our aim is to support them to;

- Be fitter and healthier now and later in life;
- Learn quicker and show positive behaviours;
- Maintain a healthy mental health, leading to a happier life;

In September we will be issuing the healthy schools guidelines on our website and in support of this we would ask that where possible, packed lunches should include:

- One portion of pasta salad, sandwich, bread roll or pitta bread.
- Cooked meat or boiled egg as a filling in a sandwich.
- One portion of fruit and vegetables e.g. carrot/cucumber sticks, cherry tomatoes, apple, banana etc.
- One portion of yoghurt or cheese.
- One drink water or a sugar free juice.

We also recommend children eat fruit or yoghurt as their pudding choice. However, cereal bars, raisins or **one** chocolate biscuit bar can be eaten.

Examples of a good packed lunch

Example 1-

Ham/cheese/egg/pasta/jam/tuna Sandwich
Yoghurt
Apple/grapes/banana
Small chocolate bar.



Example 2-

Pasta pot
Cheese square
Carrot sticks
Cereal bar



We know how busy our families are and how difficult it can be to plan packed lunches and ensure they meet all the healthy guidelines. Below are some healthy tips which we hope will help and we have uploaded some lunch ideas to the school website.

- Instead of cakes, chocolates and biscuits, try currant buns (without icing), fruit bread, tea cakes and malt loaf.
- Always include a **drink** to help your child concentrate. Go for still water or unsweetened fruit juice. Remember, the hidden sugar and to check labels for example one Carpi Sun drink contains 7 and half teaspoons of sugar!
- Cook some extra pasta, rice or potatoes with dinner the night before to make into an effortless and tasty salad for lunch the next day.
- **Freeze a carton of pure juice, milk or yoghurt** and place in a mini sandwich bag. It will be defrosted by lunchtime and keep your lunchbox cool in the meantime!
- **Make easy swaps** – for example, if your child likes something sweet, give them raisins or a small can or pot of chopped fruit instead of a chocolate bar. If they prefer savoury foods, ditch the crisps and give them plain popcorn, rice cakes or crunchy carrot sticks instead.

We would like to thank you for all your support and wish you a happy and healthy summer holiday.

Yours sincerely,

Miss Hayes
Vice Principal