



Woodfield Primary School

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• Dear parents / carers

Our School council has been discussing our Healthy School Status and what children eat at lunchtime and especially what is in our packed lunch boxes.

We took a vote on certain items that are being brought into School, which are not healthy and full of sugar. For example, did you know that some children bring small packets of Haribo sweets for their lunch?

As a group, we were asked which drinks we should have at lunchtime and decided that water and fruit juices are acceptable. However during the day, our water bottle are for use in class and should only contain water.

In the hall, we have a 30 display showing our ideas of types of healthy lunchboxes; instead



if ~~have~~ a chocolate bar or ~~or~~ chocolate-covered biscuit, we have recommended a plain biscuit. There are lots of healthy alternatives to unhealthy food: chips / sweet potatoe wedges / ice-cream / frozen yoghurt / crisps / popcorn / butter / margarine are just some examples.

Every morning playtime, we have a fresh fruit and vegetables for sale at 20p for each piece of fruit or vegetable (then there is always a wide variety on offer - from apples to peppers) and we want to encourage everyone to have this instead of bringing biscuits and unhealthy snacks at breaktime. There is plenty of choice with our healthy option ideas - please talk to your child about this initiative and let them help you prepare their lunch.

Thank you for your support in making our ideas a reality and helping become the Healthy School that we ~~to~~ know we can be.

Yours sincerely,

On behalf of
Woodfield School Council.

