

Dear Parents,

In our recent Newsletter, I mentioned the government's Childhood Obesity Action Plan and informed you that we would be looking to play our part in contributing to the health and wellbeing of our children. After the Easter Break we will be launching a renewed Healthy Schools Programme to start us in the right direction. Obviously this will be a joint venture between school and parents to enable it to work and we would appreciate your support with our initiative.

Our overall aims are:

- ✓ To introduce, develop and maintain healthy snacks
- ✓ To support the development of healthy lunch boxes
- ✓ To ensure that sweets and chocolate are not brought into school
- ✓ To increase the amount of exercise we are able to provide for the children within the school day.



With effect from the **18<sup>th</sup> April**, **sweets and chocolate confectionery** will no longer be acceptable in school as snacks or as part of a lunch box, this is to include biscuits and any other chocolate coated snack. The Food Standards Agency guidelines state, that these foods should be used as an occasional treat and not part of a daily diet. From this point on, we would ask that the children bring a healthy break time snack to school consisting of either **fruit or chopped vegetables** i.e. carrot sticks, which I do appreciate many children already do. We will provide fruit or vegetables for the children in Reception and Key Stage 1 as usual.

During the week beginning **18<sup>th</sup> April**, we will also be supporting this transition, by having fruit and vegetables available for the Key Stage 2 children, to give them opportunities to explore different options. We will also be discussing in classes the various ways we can improve our Health and fitness.

Whilst I appreciate that some children might be resistant to these changes, it is important for us to recognise that we need to make good choices for their future health and wellbeing and that by supporting each other, we can achieve this. For example, we have Tesco visiting school on Tuesday to talk to children about good nutrition and the need to be aware of their sugar consumption.

If you have any questions regarding this first stage in our Healthy School's initiative, please do not hesitate to contact me and please be assured that we recognise the good practice already established for many children.

Yours sincerely

Mrs Alison Crawshaw  
Headteacher