



Be Different Federation

Dear Families,

In support of our whole school focus on Mental and Physical Fitness, we will be focussing on a number of themes to support our wellbeing journey. These themes will include learning about:

- Responsibility
- Relationships
- Self-esteem
- Resilience
- Achievement
- Physical health

In support of our focus on wellbeing, we would like to reiterate our expectations of what a healthy packed lunch should look like.

Please be mindful of the amount of sugar in some items you give to your children for lunch. The maximum sugar intake a day for a child should be the equivalent of 5 sugar cubes (19 grams) and this is often far exceeded during the course of the day.

Did you know that a carton of Ribena, that your child may have in their packed lunch, contains 32 grams of sugar, this is already exceeding the limit just for one drink!

Many children also have far too many items of high sugar and fat in their packed lunch box. Please see below some packed lunch ideas to help you put together a healthier packed lunch for your child.



A reasonable packed lunch should contain a piece fruit, a sandwich or wrap (pitta bread is also a good alternative), malt loaf and perhaps sugar free pop-corn or fruit winders as a snack. These are only but a few examples.

We would only like to see water brought into school at lunch time – please do not give your child juice or smoothies as these will not be permitted. Children will be allowed to refill their water bottle throughout the day. Water is refreshing and is good for hydrating the body and mind.



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Any chocolate bars, sweets or sugary drinks will be removed from your child's packed lunch and given back to you at the end of the day.

Please do remember that we are a **nut-free school** and that any products containing nuts should not be given to your child for eating during the school day. This includes items such as Nutella, peanut butter and even 'healthy' cereal bars which may be coated in nuts. Any items will be removed and given back to you at the end of the day.

Snacks could include a piece of fruit, a small handful of bread sticks or crackers, a sugar free jelly or a sugar free packet of popcorn. A piece of malt loaf, pitta bread or a fruit winder are also good alternatives.

We would also like to discourage you from bringing in a birthday cake if it is your child's birthday. If you did want your child to celebrate their birthday with the class, what about thinking of alternatives, perhaps a fruit kebab, a little bag of popcorn or even a class reading book or a class game which could be enjoyed during wet play.

As a school we do recognise that treats in moderation are part of how we enjoy and love a range of foods so we will still incorporate sweet treats as part of whole school events throughout the year where applicable.

However, if we are going to tackle this **WELLBEING** agenda, then we need to change our approach in everything that we do when we provide for the children at school. Even our staff are reducing the amount of sugar and fat in their diets and are feeling much more energised as a result.

Let's try to be creative and be food smart for the welfare of our children. We will continue to promote a healthy mind set at school and will welcome your support with this.

If you have any further questions please do not hesitate to come and see me.

Yours sincerely,

Mrs Bull
Chief Executive Headteacher