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Every little helps...

Dear Families,

We are half way through the term and it has been great to see how the children have taken to our Spotlight on Sport of mental fitness and wellbeing. The children and staff have been learning about how to keep your body and your mind fit to be an all-round healthy and happy person.

It has been great to see so many children now taking part in our **Mile a Day** initiative with the children positively contributing in our assemblies about eating less sugar and a reduced amount of fat.

We have shared with the children that their maximum sugar intake a day should be the equivalent of 5 sugar cubes (19 grams) and that this is often far exceeded by 13 sugar cubes which is 52 grams.

Did you know that a 200ml carton of Ribena, that your child may have in their packed lunch, contains 20 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.



Eating too much sugar can lead to the build-up of harmful fat we cannot see. This can lead to all kinds of health problems, including tooth decay.

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. Children will be allowed to refill their water bottle throughout the day. Water is refreshing and is good for hydrating the body and mind.

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.

We would also like you to think about how we can substitute high sugar, high fat snacks for something healthier.



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Snacks could be 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 in support of our love of reading.

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.

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
Executive Headteacher

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Supporting the WELLNESS agenda Food for thought

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.

'Come Dine With Me' evenings:

An opportunity to celebrate our culinary skills whilst families are encouraged to bring a dish to share with others. Taste testing and competitive scoring make this an event not to be missed. The dishes contributed can be both savoury and sweet, allowing time to reflect on their nutritional value alongside the pleasure gained from consumption!

Family Feast events

We regularly invite families into school to participate in the lunchtime experience, sitting with their child/ren and enjoying a hot lunch provided by our catering company, Chartwells. This provides opportunity to ask questions about the provision and see the benefits of the shared lunch with children across the school. Feedback from such events has always been incredibly positive.

Famers Market – October 2018

As part of the Soil Association's 'Food for Life' scheme we are close to completing our bronze award. One of the criteria for this award is to develop the children's knowledge of how to eat healthily by cooking from scratch and reducing salt and sugar content. Building community links with food producers and providers is also an important criterion. This event will support this award as well as providing some extra funds towards the improvement of the school playground.

There are new and exciting growing events planned for the spring term 2020, do watch this space for further details nearer the time.

Snack shack – Monday, Wednesday and Friday

An opportunity for children from Years One – Six to purchase their breaktime snacks. Items cost no more than 50p. Please make sure that your child always has a labelled water bottle in school with them every day. There are multiple opportunities across the school day for children to hydrate – in class and around the school site.



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