



Tameside Metropolitan Borough

## Mottram C.E. (Aided) Primary School

Acting Headteacher: Mrs M. Scattergood

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Dear Parents / Carers

Our school has been awarded the NHS Food4Life School's Award.

The award is gained on a three-tier system: Bronze, Silver or Gold and allows the school to celebrate and be recognised for their good practice around healthy eating and a healthy lifestyle. It is given to schools that show a whole school approach to the provision and promotion of healthy food. This includes snacks at break time, lunch boxes and school meals.

### **Break time**

In Early Years and KS1 every child is provided with a piece of fruit each day. There is no charge for this. In KS2 children bring a piece of fruit from home. Pupils should bring healthier foods that are sugar free and lower in fat and salt, rather than snacks with added sugar, such as Fruit Winders. Curriculum work supports pupils to understand the need for a balanced diet.

### **Lunch Boxes**

I know it is very important that pupils eat a healthy packed lunch with a good balance of foods. Parents are reminded of this in monthly newsletters.

### **Birthday Treats**

Children often wish to bring something into school if it is their birthday so that their friends may celebrate with them. A really lovely (healthy) alternative to sweets has been suggested as part of the Food4life award. Instead of bringing in sweets for the children they suggest that you buy a book that can be donated to the school library, which clearly shows your child's name, their birth date and age when donated. The books will then be available to other children to read, even when your child has left. If you have any other ideas for healthy alternatives, please share!

Research undertaken by the School Food Trust has shown that eating a balanced diet can positively affect children's behaviour in the classroom. I am sure you are aware from recent media coverage there is increasing concern about rising rates of obesity, tooth decay and related health problems in children. As a school it is part of our responsibility to help children learn how to live a healthy lifestyle.

Working in partnership with the NHS, pupils, teachers, school governors and the school council, we have created a food policy as part of achieving the award. This will help your child to continue to eat well and ensure that all pupils are benefitting from the better standards of food in school.

We will continue to work with pupils to help them to understand the need for this policy and the benefits that healthier eating will bring them.

We are now offering a Breakfast Club which will provide the children with a balanced breakfast.

Yours sincerely

Mrs M. Scattergood  
Acting Headteacher