



Love



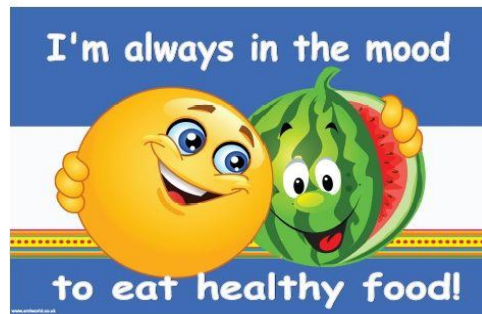
Compassion



Respect



Believe



This Issue: Healthy Snacks

Good food, good mood

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.

Lunch Boxes

It is very important that pupils eat a healthy packed lunch with a good balance of foods.

Please could you ensure your child brings water and not juice in their bottles.

Research undertaken by the School Food Trust has shown that eating a balanced diet can positively affect children's behaviour in the classroom. 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.

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.

Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying: 'Thank you!'

Eat right! Move more! Eat well, Be well. Eat well, feel well, and look well!



Useful Links:

[Eat Well Guide](#)

[Change 4 Life](#)

[Change 4 Life - Snack Ideas](#)

[Healthy Eating](#)

<https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>