

'A Caring Christian Family Where We Grow Together'

Bunbury Aldersey CE Primary School

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12th September 2019

Dear Parents and Carers

Healthy Schools Reminder

At Bunbury Aldersey CE Primary we work hard to ensure that students' minds and bodies are ready for learning each day. The children partake in the daily mile as well as their PE lessons and recently we have introduced interventions to support healthy minds through our Resilient classrooms and Cool Connection small group sessions.

In addition to the hard work our teachers and staff do every day to prepare students for success in the classroom, we now also want to work at encouraging healthy eating, leading them to lifelong success. By helping them start healthy habits early in life, we can help reduce our children's health risks and increase their chances for longer, more productive lives.

Whilst we do not want to become the 'food police' it is well recognised that a healthy diet not only promotes the health of children but also prevents future problems of obesity, heart diseases, diabetes, cancer and many other chronic diseases.

To help our children grow healthily, we are continuing to work on the 'Change4 Life Programme' organised by Public Health England.

By implementing a 'Healthy Eating School Policy' and cultivating a healthier school environment, we very much hope that our students will benefit. To achieve this, your support is indispensable and your attention is drawn to the following points which will continue from our work we established last year:

Parents/guardians should:

- Ensure all food sent to school for snacks promote healthy food choices
- Ensure all food sent to school for packed lunch promote healthy food choices
- No sweets, chocolate bars or fizzy drinks to be brought into school
- If treats are to be sent in to honor your child's birthday please could these be non-food treats such as stickers, pencils etc. No cakes please.



As educators, caregivers and loved ones we all want the best for our students. Thank you for joining us in giving students healthy opportunities to celebrate important events and achievements.

If you have any questions, please don't hesitate to contact the school. We are looking forward to making our school the healthiest it can be so our students can do their best work.

Many thanks for you continued support

Yours sincerely

N Badger

Healthy eating suggestions:

Packed Lunch:

What should I put in my child's packed lunch?

We encourage healthy eating and expect parents to choose healthily when creating a packed lunch. Starchy foods like bread, rice, potatoes or pasta. Protein foods like meat, fish, eggs or beans. A dairy item, like cheese or yogurt. Vegetables or salad and a portion of fruit

An example of a healthy packed lunch:

- * A sandwich . made with either bread, wraps, pitta.
- * A wafer biscuit e.g. twix, kit kat, blue ribband.
- * Yoghurt and a piece of fruit.
- * Bottle of water or juice.
- *No sweets, fizzy drinks, sweets or chocolate bars (dairy milk, wispa etc - unless covering a wafer/biscuit)

Other suggestions can be found on www.nhs.uk/change4life

What should I give to my child for a snack?

- Cheese. ...
- Dried Fruit. ...
- Celery, cucumber, carrot sticks
- Popcorn
- Whole Grain Crackers
- Baked Vegetable Chips. ...
- Apple Cookies
- Banana muffins.
- Watermelon slices
- Carrot Sticks, hummus, and pita
- Yogurt tubes and nut free granola.
- Bananas
- Bread sticks

Other suggestions can be found on www.nhs.uk/change4life