

'A Caring Christian Family Where We Grow Together'

Bunbury Aldersey CE Primary School

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25th November 2021

Dear Parent/Carer,

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 we have interventions to support healthy minds through our Resilient classrooms and Cool Connection small group sessions. Recently, all staff were trained in Youth Mental Health First Aid to support our commitment to healthy minds and bodies.

In addition to the hard work our teachers and staff do every day to prepare students for success in the classroom, we 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, type 2 diabetes and many other chronic diseases.

By 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 in previous years.

Parents/Carers 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

Unfortunately, as staff we have seen a rise in unhealthy options during break.

On a slightly different note but still connected to healthy eating. It is lovely to see children being greeted with a snack at the end of the school day as I know they are hungry and as parents you have the right to give your child whatever you wish to at this point. However, please can we be mindful of other parents' wishes and sharing of treats; as others may not wish their child to be eating such things at this time. There may also be children with allergies, intolerances or other conditions such as diabetes which may be affected by daily after school snack sharing.

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

A handwritten signature in black ink that reads "Nic Badger". The letters are cursive and slightly slanted to the right.

Nic Badger

Principal of Bunbury Aldersey CE Primary School
EHT of Rural Church School Academy Trust