



Healthy Eating at Heene

Dear Parents/Carers

We have been reviewing healthy eating at Heene in the light of Chartwell's Workshops on Healthy Eating and the Year 1 project on Happy Hearts. We are trying to educate your children in the importance of having a healthy life style for their future well-being.

Snacks/Lunch

- Years 3/4/5

We would like to remind you of the importance of providing your child with a healthy snack for morning break, such as a healthy cereal bar, a piece of fruit or crackers and cheese. Please do not send in yoghurt or crisps.

Early Years/Years 1/2

- Early Years, Year 1 and Year 2 do not need a snack as they have a piece of fruit or vegetable provided by the Government as part of the Healthy Eating in Schools initiative.

All Years

- Guidelines say that water or milk is the best drink for children. If they drink squash or fruit juice throughout the day their teeth are exposed to too much harmful sugar, they should only bring squash or fruit juice as part of their packed lunch. Fizzy drinks are not permitted in school.
- Chocolate bars e.g. Twix, Mars Bars, Snickers are not allowed as a snack or as part of their lunch box. Please provide a healthy lunch box so your child has energy for the afternoon.
- As we have a number of children in school with nut allergies and potentially children with an unknown allergy please do not send in nuts and avoid sending in nut products.

Birthdays

Please refrain from bringing in sweets, chocolate cake etc. when it is your child's birthday. Teachers are unable to hand them out at the end of the day. We have had a number of parents commenting on the frequency of this happening and how they are feeling pressured into letting their child eat sweets etc. after school. An alternative would be to send in a favourite book for your child to share with the class on their birthday.

The class will sing Happy Birthday to your child on their birthday and they will have an opportunity to tell the class about their special day.

Thank you for your continued support.

The Staff of Heene Primary School