

King Edwin Primary School

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King Edwin Primary School – A Healthy School

Dear parents/carers,

At King Edwin we try to promote healthy living across the curriculum. Considering this, there are a number of messages that we would like to pass on that support these aims. **It is important to note that we do not dictate what a healthy choices may be, we simply encourage families based on the guidance school receives from health agencies.**

Many of our children bring in a packed lunch rather than eat a hot school meal, we thought we would take the opportunity to help parents provide a varied and balanced lunchbox and the **Food Standards Agency** has put together some practical tips and suggestions to support families:

Ten Top Lunchbox Tips

1. Try making sandwiches with thinly sliced bread, or choose rolls or mini pitta breads. Go for wholegrain or wholemeal varieties when you can
2. Cut down on the amount of butter, margarine or mayonnaise you may use
3. Pick low-fat sandwich fillings such as lean meats, including ham or turkey, fish, cottage cheese or sliced banana
4. Offer fresh fruit such as apples and bananas, include a handful of chopped fresh fruit salad, grapes or melon pieces, or a small box of raisins, or similar.
5. Rather than drinks that are high in sugar, such as colas or sweetened juice drinks, go for bottled water... All children have easy access to fresh water in school and we have new water fountains in school.
6. Cut down on crisps, which are high in fat and choose plain popcorn, breadsticks or dried mixed fruit instead
7. Replace cakes, chocolate and biscuits with wholemeal scones, currant buns or fruit bread
8. Don't forget to include some vegetables such as cherry tomatoes, sticks of carrot, cucumber, celery or peppers
9. Remember to put some salad in sandwiches and occasionally why not try a mixed salad instead of a sandwich
10. Try to vary what you put in the lunchbox - this helps make lunches more interesting, as a varied diet is important to give young people all the nutrients they need to grow and be healthy

Ideally Packed Lunches and snacks should **NOT** include:

Confectionary and sweets

Deep fried products

Energy bars or liquid

Manufactured meat products (more often than occasionally)

Drinks other than water

Children are expected to bring a clean water bottle in **every day and take it home every day too**. It is not hygienic to leave them at school. The **water bottles should only contain water**. Some children may have specific medical reasons that may require them to have flavoured water or similar type drinks and this is fine as long as school is made aware of this. We are advised by all health agencies to discourage drinks that contain sugars and sweeteners as health statistics have proven that this can have a detrimental effect on dental hygiene and physical health too.

Thank you in advance for supporting us in promoting healthy eating and drinking. **Please understand our intention to merely advise and encourage healthy habits** and also accept that we do not wish to dictate to parents. We simply want to support children to make healthy choices at school. If you require further clarification or have any questions please do not hesitate to speak with a member of the senior leadership team.

Kind regards,

Mr Callaghan-Wetton (Headteacher)