

LITTLE BLOXWICH C. of E. V.C. PRIMARY SCHOOL

Grenfell Road - Little Bloxwich

Walsall - WS3 3DL

Telephone: 01922 684301

Facsimile: 01922 683627

Mrs. Ellen Taylor

BEd (Hons), NPQH

Headteacher



9th January 2025

Dear Parents/Carers,

Promoting Healthy Eating in School

Diet and nutrition play an important role in the mental, physical and social development of a child. The establishment of healthy eating in childhood can reduce the risk of health problems such as coronary heart disease, diabetes and osteoporosis in later life. With this in mind, we aim to establish good eating habits, to promote good growth and to hope that these will be continued into adulthood.

Recently we have noticed in school that some children are bringing in foods with a high fat and sugar content and would like to take the opportunity to work with children to enable them to make healthier choices.

Break Time

In school we feel that it is beneficial for all children to have a substantial snack at break time. This is an important part of the diet for young people who may not get enough energy for growth and development from their three main meals and as snacks can positively contribute towards a balanced diet (*providing foods which are high in sugar, fat or salt are avoided*) we are encouraging healthy eating within school. All children in KS1 benefit from the Governments Fruit and Vegetables Scheme and are encouraged to eat their piece of fruit or vegetable as part of their daily snack time. As a school we can provide a piece of toast every day for you child for £1.50.

Lunchtime

All our Reception and KS1 families are entitled to a free school meal and this is something that we encourage. We provide a hot two course cooked lunch with a salad bar and fresh fruit every day which is very popular with our children. However, some children prefer to bring a packed lunch. We would like to remind parents that this lunch should not contain sweets or fizzy drinks. A healthy packed lunch should contain items from the key food groups. **Please be aware that we are a nut free school as we have a number of children and staff with serious and life threatening nut allergies. All food that is brought into school must be nut free.** All packed lunches should be brought in a named lunch box/bag.

Each week, over the next few weeks, we will be sending out further information about healthy lunches with recipe ideas and costings at ASDA. Attached is a Lunchbox Tips Leaflet.

Further information can be found at:

<https://www.nhs.uk/healthier-families/>

<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

Thank you for your ongoing support.

Mrs J Robinson

Parent Support Advisor / Deputy Designated Safeguarding Lead



INVESTOR IN PEOPLE