



PB/LL 20.07.17



Dear Parents/Carers,

We are really proud to be a Hampshire Healthy School. We have recently been re-accredited as such mainly due to our work on child mental health and well-being.

Obviously, being a healthy school means that we should look at all aspects of lifestyle that we can make better for ourselves, both mental and physical health. As it is the end of a school year I think it is a good time to think again about our policy on healthy eating, snacks and lunch boxes.

As a school, we believe in an "all things in moderation" view of snacks and treats and we do not wish to ban all foods that would be considered unhealthy. We believe that banning foods makes them more desirable to children and may lead to unhealthy eating when children are given the opportunity to make a less healthy food choice.

We want our pupils to grow up with a good understanding of what constitutes healthy food choices and to educate and help the children to eat in a balanced and moderated way to ensure that they stay fit, healthy and maintain a healthy body weight.

We need your help with our approach and would ask that you consider carefully what snacks you provide for your little ones and whether or not the lunch that you send them with is balanced and providing a healthy meal to sustain children through until dinner time.

I believe that we have not given this issue a high enough priority over the past year or so and as a result, some children are coming to school every day with a packed lunch that is not suitable to maintain a healthy diet.

Please could I ask for your help and co-operation to think about this over the summer break and to chat with your child/children about what healthy foods they would eat which could make their snack or lunch box a better balance for health and dental care.

The web site links below may help you to make decisions and raise the issue with your little one. If you need any further support please contact us at school and we will be glad to help.

<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>
<https://www.nhs.uk/change4life-beta/healthier-lunchboxes>

Many thanks for your support in ensuring our children are healthy and happy at school,

Mr Brown
Headteacher