



Hunmanby Primary School

www.hunmanbyprimary.co.uk

Newsletter 2
Autumn Term

10th September
2021

Inspire Enjoy Achieve

Dear Parents and families,

Our New Healthy Schools Policy

Before Lockdown we were going through the process of developing a new Healthy Schools Policy in school, which would go further to improve the Health and Well-being of our children. We are now in a position to start that process again, and will need the help and support of our parents and children to develop a policy that we have all contributed to, and agree with.

Soon, we will be contacting you to ask if you would like to be involved in a working party to develop our Healthy Schools Policy. Meanwhile, we would ask that you support us by ensuring that children's packed lunches are as healthy as possible. Please avoid including items such as confectionery, eg. chocolate bars, sweets and fizzy drinks etc.

At the moment, if you want to include a 'treat', please aim to provide a cereal bar/a chocolate biscuit.

Please see this link for ideas for healthy packed lunches:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Sweets In School

We will only be allowing sweets on special whole school occasions, such as Christmas parties and Easter Bingo. This does not include children's birthday. We appreciate that some parents may find this a bit harsh, but we hope that you understand that this is part of our journey to becoming a much healthier school.

The aims of our policy will:

- * Provide a range of healthy food choices throughout the day
- * Support pupils to make healthy food choices and be better prepared to learn and achieve.
- * Ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Guidance for what to include:

Every day:

- At least one portion of fruit and one portion of vegetables
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, hummus, falafel)
- A starchy food (e.g. bread, pasta, rice, couscous, noodles, potatoes or other types of cereals)
- Dairy food (e.g. milk, yoghurt, cheese, fromage frais or custard)

Drinks: only water, fruit juice, milk, yoghurt or milk drinks and smoothies. Fruit cordials or squash should be weakly diluted.

Guidance for what not to include:

- Try to avoid snacks, such as crisps. Instead, include seeds, savoury crackers or breadsticks. Fruit and vegetables or dairy foods are also a good choice.
- Confectionery such as chocolate bars and especially sweets. Cakes and biscuits are allowed but encourage your child to eat these as part of a balanced meal
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only occasionally
- Fizzy drinks

Please be aware that there are children and team members with severe allergies to nuts therefore we are a **No Nut school**.

Please note that all of our children have access to their own bottle of fresh water everyday.

We look forward to working with you on this journey to make our school community healthier.

Conrad Fox

Headteacher