

BROOMWOOD PRIMARY SCHOOL



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Together we believe. Together we achieve

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Dear Parents and Carers,

In keeping with the tradition of setting new year's resolutions, I thought now would be a good time to look again at what it means to be a healthy school and see if we can work towards renewing our Healthy Schools Status. Our first job is to look at our diet. Since COVID we have seen an increase in items such as chocolate, biscuits and cakes within our lunch boxes and it is important that we start to look at alternatives to some of these in order to improve our overall health and well-being.

I have done some research and the NHS website has lots of good information to help with choosing the right things for packed lunches. I have taken some of their ideas and attached them to this email but there is lots more on there, including some recipes, so it is worth having a look for yourself.

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#swaps>

As a school, we feel it is important that the children understand that a diet has to be balanced and so 'treats' are allowed as long as they are limited and balanced with a range of fruit and veg. We also want to reflect what is being offered from the school kitchen, therefore we have agreed the following;

Yes ✓	No ✗
Fruit cake Cake slices with icing Muffins Fruit/oat-based biscuits (x2) Fruit Yoghurt Fruit Sugar free jelly Crisps	Chocolate Chocolate cake Chocolate biscuits Chocolate puddings Cereal bars Fizzy drinks Nuts Fast food (McDonalds/KFC etc)

I know this might seem harsh but we owe it to our children to promote healthy eating and to help them look after their teeth. Some children already have very healthy lunch boxes and so will have no need to change anything but from Monday we ask that you all think 'healthy' when packing your lunchboxes.

Thank you for your support with this.

Allison McCarthy
 Deputy Head Teacher

Achieve, believe and succeed for a brighter future.



