Heathland School
Healthy Eating Newsletter

Article 24: every child has the right to the best possible health

Here at Heathland School, we value the importance of eating healthily. We encourage and support children to develop good eating habits which we hope continues into adulthood. When we eat well, we fuel our bodies with the important nutrients to enable us to learn. A good diet and nutrition also plays an important role in our mental health, physical and social development.

We have been focusing on the importance of making healthy food choices at school and we wanted to make sure we shared some important information with you.

Snack Time :

Reception and KS1 have fruit time each day where all children are provided with a fruit or vegetable snack for them to enjoy.

In KS2 we encourage parents to provide children with a healthy snack to eat at break time.

Some ideas for snacks could be :

- Fruit
- Raisins
- Vegetables
- Rice cakes
- Cheese and crackers
- Veggie sticks with hummus

No nuts, sugary snacks, biscuits, crisps or chocolate

Did you know?

We are reintroducing our daily vegetable sticks available for all of our children at lunch time. Even if our child has a packed lunch they are able to eat additional vegetables from our kitchen everyday!

Nut Free School :

As a rights respecting school, here at Heathland we aim to be Nut-Free. Some of our children may suffer an allergic reaction if exposed to nuts, so our aim to be nut-free is in place to reduce the risk of coming into contact with nuts at Heathland School.

We recognise that food labels will often state “may contain traces of nuts” or “cannot guarantee nut free”, which can make it difficult to avoid.

To reduce the risk of an allergic reaction for a child in our school, we request any food containing nuts is not brought into school. Such foods include (but not exclusive to): *Packets of nuts, peanut butter/ Nutella sandwiches, fruit and cereal bars that contain nuts, cakes made with nuts.*

School Lunches :

Reception, Year 1 and Year 2 are all entitled to a FREE school meal and we would encourage them to have a hot meal each day. Our school meals menu can be viewed on the school website. Each day children are offered a range of options to support a balanced and healthy diet. We have noted that vegetables are not always a favourite option with the children, however we always serve vegetables and encourage children to eat as much as possible. To help we ask that at home you also regularly offer your child vegetables and encourage them to try new ones.

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Healthy Packed Lunches:

Whether squeezing it in before the school run in the morning or before bed on busy midweek evenings, preparing your child's lunchbox can seem like just another thing on the list.

It is important for learning that children have the right food at lunch time. Lots of our children have a wide variety of healthy packed lunches which is brilliant. Please always remember to include fruit and vegetables each day.

We would like to remind you of the items that should not be in your child's packed lunch :

- Crisps
- Sweets
- Biscuits
- Cakes
- Juice or sugary drinks *(Water is served for everyone at lunchtime)*
- Chocolate

[Lunchbox ideas and recipes – Healthier Families - NHS (www.nhs.uk)]

Allergies:

If your child has any allergies please make sure you let us know as soon as you can so that we can make any necessary adjustments needed in school.

Water Only School:

Heathland School is a water only school. We are part of the Healthy Schools London Awards Programme that reaches out to every London child, working with schools to improve children and young people's wellbeing.

As part of our work with Healthy Schools London we make sure that children only bring in water to school everyday. Having a water bottle full of water in school helps to keep children hydrated and ready to learn. Children can refill their water bottle throughout the day.

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RIGHTS RESPECTING SCHOOLS

Article 24: every child has the right to the best possible health

Celebrations :

As part of our drive to encourage healthier choices we ask that parents and carers do not send in cakes, sweets and chocolate to celebrate children's birthdays.

You do not have to bring anything in to celebrate your child's birthday as our teachers will always make sure we celebrate in class. For those parents who do like to do this we encourage that if you choose food it is a healthy option such as fruit.

magic breakfast
fuel for learning

Breakfast Bagels:

Heathland School is part of the Magic Breakfast scheme which means we can provide all of our pupils with a healthy breakfast. As part of this programme all children have access to bagels in the morning when they come into school. We also offer breakfast boxes to those families that need them the most.