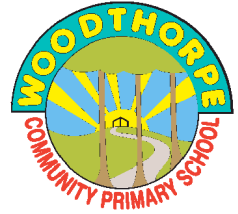


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Healthy Eating Week January 11th 2010

Dear Parents/Carers,

In school this week we are thinking about Healthy Eating and considering how to adopt a healthy lifestyle. The children will be involved in a number of activities that highlight the importance of eating a healthy, balanced diet and daily physical activities.

One of the main ways that we are doing this is through the type of food that children bring to school for their lunch. We will compare which foods are good for a balanced diet and talk about how they can balance their diet through a wide variety of foods.

Morning playtime snacks

Crisps, sweets, chocolate and other fatty, salty or sugary snacks are not allowed in school for snacks under the healthy eating policy.

Foundation stage and Key Stage 1 children are provided with free fruit or vegetables for morning play, and Key Stage 2 children can buy fruit from the healthy tuck shop. If you would like to provide your child with a morning snack they can bring in fruit or a low sugar, low fat cereal bar. Examples would include Nutrigrain, Alpen bars and most cereal bars;

Please note: Rice Krispie Squares bar is not part of this group as the fat content is quite high.

Lunch boxes

We serve excellent school meals which are healthy, enjoyable to eat and varied. If your child has a school meal once or more per week you will be absolutely certain that s/he is having a balanced meal. Check out our menus on the website.

We are aware that some of the children are bringing in large amounts of unhealthy food in their lunch box. Although we understand that children don't like **all** healthy foods, it is important to develop their eating habits by giving them healthy foods. **A balanced diet helps health, concentration, energy levels, dental health and improves learning and achievement.**

Over this week we will be monitoring lunch boxes. Children will be encouraged to bring healthy foods with suggestions and ideas that they can try. **It has been school policy for a number of years that children do not bring chocolate, sweets and fizzy or sugary drinks for snack or lunch time. They can have a negative effect on behaviour and learning at school.** You can help your children with this through providing them with healthy lunches and **reducing the amount of sugary and fatty foods**



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you provide for them. As part of this we are working to limit the types of food that children can have in school. The information in the table shows how certain foods can be replaced with healthier options.

Things to change	Healthier option
Sandwiches made with white bread and butter or full fat margarine	Sandwiches made with wholemeal, granary or multi-grain bread and low fat margarine
Fillings: chocolate spread, jam, lemon curd	Fillings: ham, chicken, turkey, tuna, edam cheese or cottage cheese
Crisps	Add a salad either in the sandwich or in a separate small container; lettuce, tomato, cucumber, celery, carrot sticks
Full fat yogurt	Low fat or low sugar yogurt, fromage frais or rice pudding (A piece of cheese or cheese string could be added if cheese isn't in their sandwich.)
Chocolate biscuits Chocolate bars Sweets	Fresh fruit: apple, banana, pear, orange, grapes, strawberries, melon or kiwi Dried fruit: handful of raisins, apricots, banana chips or apple chips Cereal bar
Fizzy or high sugar drinks	Water, no added sugar squash or milk

You will also get a **snack swapper**, one for each family, which can help you change some of the snacking habits. It has suggestions of swapping sugary or fatty snacks with healthier options. Your child will be shown these in their class and can show you how it helps.

Alongside healthy eating is the importance of **daily physical activity**. Children are involved in **at least two hours** of physical activity per week at school; it is important that they also get this when they are at home during the weekends or school holidays.

Getting children to take part in 'exercise' is quite a challenge. A few ideas could be:

- to get them to walk to the shops,
- play sports in the garden or nearby park,
- play football, rugby, tag;
- to walk to the library to choose a book to read.

As long as they get out and run around they will be boosting their physical wellbeing.

If you would like to get involved in any of these activities in your child's class or around school, please ask their teacher for more information.

Thank you for your support.
Chris Thew

Head Teacher



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