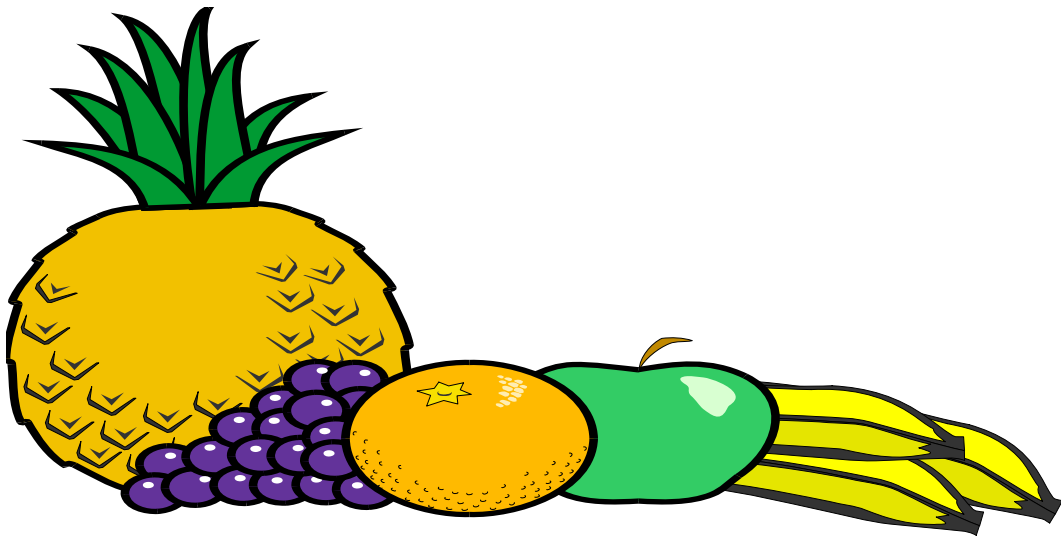


# Greenhill



# A Healthy School

## Information and Guidance for Parents

Dear Parents

Please accept our information booklet regarding healthy eating in our school and also a leaflet from the 5 A Day Scheme providing ideas for healthy packed lunches.

The information reinforces our aims to promote healthy lifestyles for our children. We endeavour to educate them about the benefits of making healthy choices, for the sake of their wellbeing now and in the future.

Please help us to achieve this goal.

Yours Sincerely

S. Burns

Healthy Schools & PSHCE Co-ordinator

# Introduction

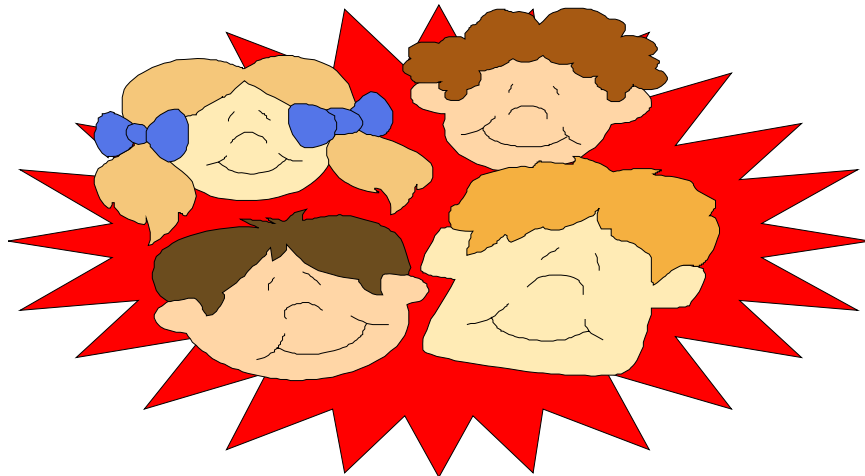
Greenhill Primary School is recognised nationally as a Healthy School.

We believe healthy eating is essential for protecting and promoting growth and development. In the short term healthy eating can help children to improve their concentration and fulfil their potential. In the long term it helps to prevent ill health in later life.

We want to work together with parents to educate our children about healthy eating. We can encourage them to make healthy choices and try to instil good eating habits that they keep for life.

We want our children to become healthy and active young people and adults.

Help us to keep our children healthy!



# Healthy Drinks

An adequate fluid intake is essential to maintain optimal health, particularly in children because their active lifestyle and large body surface relative to their weight can result in a proportionally high fluid loss.

For children of school age who spend much of their day in a structured environment, the availability of drinks at school is an important part of their health. Not only has recent research shown that the brain needs regular watering to improve academic achievement but low fluid intake has also been associated with a variety of health problems in children.

At Greenhill, we ensure that fresh drinking water is readily available to all our children. The following information tells you about the drinking arrangements in our school.



## Foundation Stage/Key Stage 1 Drinks

- Subsidised school milk is available to all our pupils
- All pupils have a water bottle which is taken home each day to be refilled
- Children who do not like milk may drink from their water bottles
- Drinking water is available in school throughout the day

## Key Stage 2 Drinks - 'Water Bottles on Desks'

- Subsidised school milk is available to all our pupils
- All pupils have a water bottle which is taken home each day to be refilled
- They can drink at any time during the day (as deemed appropriate by their teacher)
- The children may refill their bottles at appropriate times

We recommend that children are permitted to drink only water or milk in school in order to protect their teeth.

# Healthy Snacks

If we are aiming to improve our children's eating habits then our message must be consistent. Snacks consumed on the premises, whether brought in by children themselves, supplied by caterers, or even given out by the School itself as a reward or celebration, must deliver a constant message:

All snacks should aim to be:

- Safe for teeth, i.e. sugar free
- Nutritious, providing nutrients, vitamins and minerals, not 'empty calories'
- Acceptable to children and young people
- Cleaner for the school environment
- Keeping children healthy as they grown in independence

Food and drinks consumed between meals should not be sweetened with sugar. Sugary snacks taken between meals increase the frequency of acid attack on the teeth and may invite decay.

The World Health Organisation recommends that we eat 5 portions of fruit and vegetables each day. Snacking on fruit helps us to reach this target.

At Greenhill, we take advantage of the National Fruit and Vegetable Scheme; this entitles KS1 children to a free piece of fruit every day. The following information tells you about the kinds of acceptable snacks we allow in our school.

## Key Stage 1 Snacks

- Free piece of fruit provided by the NFVS every day, including apples, bananas, pears, easy-peel citrus fruit and carrots

## Key Stage 2 Snacks

- Fruit
- Vegetables
- Fruit tuck shop (25p per piece of fruit)

# Healthy Lunches

## School Dinners

The School adopts the council's aim to make a mid-day meal available to all pupils that is nutritionally balanced. All menus comply with the compulsory elements of the National Nutritional Standards for School Lunches. Wherever possible the compilation of menus, preparation and cooking of food, will follow the 'good practice' recommendations:

- To reduce fat, salt and sugar
- To increase fibre

All produce and raw materials used in the preparation of school lunches do not include:

- Genetically modified ingredients
- Irradiated foods
- Nuts, or foods containing nuts

## Packed Lunches

Lunch boxes should have a good variety, a range of different nutrients, and plenty of choice. A healthy lunch box should contain at least three of the food groups:

- Fruit and vegetables group
- Bread, cereal, or other starchy foods group
- Meat or alternative group
- Milk and dairy group

Local dieticians have compiled the following examples:

### **Lunch Box 1**

Pitta bread with  
chicken salad  
Banana  
Milk

### **Lunch Box 2**

Pasta salad with  
mixed veg  
Yoghurt  
Water  
Crusty Bread

### **Lunch Box 3**

Beef and tomato  
sandwich  
Cheese triangle/  
crackers  
Fruit salad  
Water

Please refer to the 'Healthy Packed Lunches' leaflet for more ideas and information.

# Treats

Treats brought into in to school to celebrate a child's birthday can often be inappropriate and exclude children with childhood allergies and sensitivities to products.

An alternative gesture to celebrate birthdays could be the gift of a favourite book, (it does not have to be new), which can be put into the School Library. Each child will receive a certificate, also a sticker stating the name of the donor and their birthday will be placed in the book - a treat that continues to give pleasure to everyone for a great deal longer.



## Further information:

Refer to the following for further information:

- Greenhill School Policy for Healthy Eating