



Thursday 4<sup>th</sup> November 2021

Dear Parents and carers,

The School Council want to make our school a healthier place and we need your help!

Does your child bring a packed lunch to school? We completed a survey before half term and were really happy to see so much fruit and so many sandwiches with healthy fillings such as tuna and salad, or chicken and lettuce. However, we also saw lots of crisps, biscuits and chocolate. We even saw some peanut butter which we really can't have in our school because of allergies.

We have made some healthy suggestions and put some food facts on our posters around school. We looked at this website which had lots of great healthy food ideas:

<https://www.nhs.uk/change4life/food-facts/sugar/sugar-swaps-for-kids>

We think it is important for us to grow up healthy and it will also help us to learn better too.

We spoke to our school chef and he told us that children who have school meals only have treats on a Friday, such as cake, custard or ice cream, so packed lunches can bring a treat in on a Friday too.

On other days of the week, from next week, we will be offering healthy fruit swaps for treat items.

Stickers will be given to children with healthy packed lunches and there will be a prize for the healthiest packed lunch! More information to follow.

Please help us!

Thank you,

Lily Mae and Lily Y6

On behalf of the School Council Team