23rd September 2016

Dear Parents and Carers

Some of you are already aware that we have been promoting heathy lunch boxes over the past week in line with the fact that we are a healthy school. Some of the children have been awarded a certificate/ sticker for having some lovely healthy food in their lunch boxes. Don't worry if your child/ren hasn't had a reward yet, we have only just started.

We also fully understand that some children have special dietary requirements and are under medical specialists. We would ask that you let us know if this is the case, so that we can ensure that this approach is inclusive of your childs' needs.

Our aim is that all children will choose to eat at least some healthy food, with higher fat and sugary foods being eaten only in moderation. This doesn't mean that they can't have a small chocolate biscuit or one packet of crisps in their lunch box, but we would like to see those items balanced with some healthier food choices, such as sandwiches with a low fat filling, and some fruit /vegetables.

We are really lucky to have been given some funding alongside other schools in East Sussex from East Sussex County Council and the NHS, which has to be spent on increasing the children's physical activity, promoting healthy eating and lifestyles as well as developing the children's well being.

You will have seen the increased number of clubs that the children can attend. We have already got a higher number of children attending sports clubs this term which is fantastic. Watch out for updates of other activities happening in the regular newsletters.

If you have any questions or concerns about our encouragement of healthier lifestyles please come and see either myself or Mr Shelton. Also if you have any ideas that you would like to share with parents let us have those too.

We have already had a request for ideas for healthy lunch boxes, which we will collect and send out to you.

Miss S Forbes

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