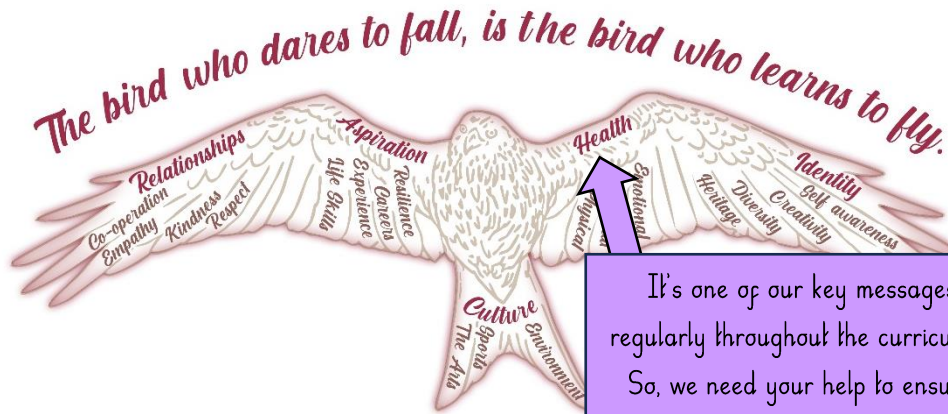




'Healthy food improves your mood!'

is our new slogan to mark ditching the bad habits and getting healthy this year!



It's one of our key messages that we deliver regularly throughout the curriculum to the children. So, we need your help to ensure the contents of your child's lunchbox is meeting the healthy eating requirements.

Snack Ideas	Packed Lunch Suggestions
<ul style="list-style-type: none"> • Chopped up raw vegetables— e.g. carrots, cucumber or peppers. • Chopped up fruit/Whole fruit — e.g. apple, Satsuma, strawberries, halved grapes, melon slices. • Breadsticks and wholemeal crackers. • Malt loaf, tea cakes, fruit breads. 	<ul style="list-style-type: none"> • Based on starchy carbohydrates (bread/potatoes/rice/pasta) • Include fresh fruit and vegetables/salad. • Include a source of protein such as beans, eggs, fish, meat, cheese (or dairy alternative) • Include a side dish such as a low-fat and lower-sugar yoghurt (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly. • Include a drink such as water, skimmed or semi-skimmed milk, sugar-free or no-added sugar drinks. <p><i>For further ideas on how to have a healthy, balanced diet and to help you decide what to put in your child's lunch box, please see the following links:</i></p> <p>https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/</p>

Cake, sweets, chocolate, biscuits and crisps do not comply with being healthy foods. Therefore, moving forward, children seen with these items at playtime will be given a reminder and a message will be sent home via Dojo — just like our uniform policy, we pride ourselves on having high standards, this also applies to healthy eating!

As we have children with severe nut allergies, we do not allow any nuts or nut-based products on site.

The body's only rule, is to give it healthy fuel!