

## Healthy Schools Update - March 2007

### Fruit Only Policy

Please could I take this opportunity to remind all parents that South Failsworth is now a “Healthy School” and operates a policy of fruit/veg only as a playtime snack.

No other snacks are acceptable unless there is a genuine medical reason why. Fruit or veg is freely available in Key Stage 1 and fruit is for sale in Key Stage 2. The only suitable drink for playtimes is milk or water.

Our policy is in line with, and follows the advice of, new government and local authority guidelines. Our criteria are as follows:

- to increase children’s fruit and vegetable intake
- to give children the opportunity to try different fruits and vegetables
- to reinforce the 5 A DAY message to eat at least five portions of fruit & vegetables a day
- to contribute to a whole school, whole day approach to healthy food and drink provision
- to continue to attain National Healthy Schools status
- to support and reinforce the curriculum and give consistent messages about healthy eating and nutrition.

Parents are reminded that this policy was put forward and approved by the children themselves through the school council. If your child refuses to eat fruit or vegetables at playtime please ensure that they have enough breakfast before they come to school to keep them going until lunchtime. Further information can be found through accessing the following websites:

[www.wiredforhealth.gov.uk](http://www.wiredforhealth.gov.uk) (the National Healthy Schools programme)

[www.foodinschools.org.uk](http://www.foodinschools.org.uk) (The food in schools programme)

[www.5aday.nhs.uk](http://www.5aday.nhs.uk) (The 5 A DAY website)

These and other relevant website links can be found in the HAT section of the school web site.

The Governors, School Council and HAT thank you for your continued support of this policy.

### Healthy Lunch Boxes

Children will be engaged in activities aimed at improving the nutritional quality of lunch boxes during the next healthy schools day (details below). In the meantime information about, and tasty ideas for, healthy lunchboxes can be found by accessing the following websites (links can be found on school website):

[www.healthylunchbox.co.uk](http://www.healthylunchbox.co.uk) (contains many other good links)

[www.britishpotatoes.co.uk/parents-lunchbox.asp](http://www.britishpotatoes.co.uk/parents-lunchbox.asp) (ideas for tasty lunchboxes)

Information can also be found on the newly established Healthy Schools Noticeboard in the Junior entrance hall. (Examples of School dinner menus will also be displayed on the noticeboard.)

### Heartstart

We had an overwhelming response to the offer of Heartstart training. In order to train as many children as we can, initial groups in the juniors will be of Year 5 and 6 pupils some of whom we are aiming to train as junior instructors. This will enable us to train far larger groups of children after Easter. Hopefully all children who have expressed an interest will be offered training before the end of this academic year. We were hoping to offer training to parents but it now seems likely that this will now have to wait until next year.

## **Healthy Schools Day - Wednesday March 14<sup>th</sup>**

Our focus for this day will be healthy eating. Activities planned so far include:

- Fruit orienteering
- The fruit salad game
- Groovy Smoothies at playtime (Key Stage 2)
- Breakfast round the world (Key Stage 1)
- Making fruit salads in foundation
- Designing a healthy lunch box recipe booklet (KS 2)

+ competitions to:

- write a Healthy Schools rap (KS2)
- write a fruity rhyme (KS1)

Prizes for every class

Thank you for your support,

Jonathon Lord

(on behalf of South Failsworth's Healthy Action Team)