



Dear Parents and Carers,

Over the past few months, we have noticed that there has been a decrease in the number of children selecting vegetables from the salad bar during lunchtime and the choices of food being placed in the children's packed lunch boxes often do not follow our school packed lunch policy.

In the UK, there is an increasing issue with childhood obesity and tooth decay and, as an accredited Healthy School, we want to support parents as much as possible to make healthy choices for their children's meals. There is also a clear link between a high sugar intake and poor behaviour, which we seek to protect our children from.

As all Parents and Carers are aware, a healthy meal is important because it will help children to:

- Be fitter and healthier now and later in life;
- Learn quicker and show positive behaviours;
- Maintain a healthy mental health, leading to a happier life;

As an approved Healthy School's Bronze Award School, we are motivated and committed to making some important changes and are now working on the Healthy School's Silver Award with a key focus on healthy eating. We are promoting a whole school approach to a healthy lifestyle and hope that parents/carers will work with us on this project. We hope to increase children, parent and staff knowledge and understanding of healthy eating, as well as help the children develop greater confidence, motivation, self-esteem and have the skills, information and understanding to make important life and health choices.

We are developing our school salad bar by focusing on the vegetables available (offering a variety of seasonal vegetables) and supporting parents in making healthier choices in regards to the food placed in packed lunch boxes. In addition, we will be encouraging healthy eating through our PSHE/Science lessons, as well as through workshops and assemblies with experts in this field. Through offering parent workshops/ talks we also hope to be able to work with our parents and carers to offer valuable advice and support.

We thank you for your anticipated support on this project.

Yours faithfully

Miss Costas

Deputy Headteacher

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The Eatwell Guide

Eating a wide variety of foods will help to ensure that children consume adequate amounts of all nutrients. The Food Standards Agency has devised the Eatwell plate to make it easier to understand healthy eating. Foods are divided into five food groups:

- Bread, rice, potatoes, pasta and other starchy foods
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish, eggs, beans and other non-dairy sources of protein
- Foods and drinks high in fat and/or sugar.

The plate is a visual aid which encourages you to choose a wide variety of different foods from the first four groups every day. Foods in the fifth group – foods and drinks high in fat and/or sugar – are not essential to a healthy diet and should be eaten at school.

