



Healthy Eating

Parent Mini
Guides

The Three Schools

Children have a choice of school dinners or packed lunch in schools. School dinners are cooked freshly each day and provide a balanced and nourishing meal for each child that complies with the government school food standards. The school meals use high-quality meat, poultry or oily fish, contain fruit and vegetables and always have bread, other cereals or potatoes.

Ways in which we promote healthy eating:

- Children are encouraged to bring in a healthy snack at break times, such as a piece of fruit or vegetable.
- Parents are asked to bring a water bottle in and children are encouraged to drink water throughout the day.
- Fresh drinking water is always available from the water fountain and kitchen.
- Parents are encouraged to provide healthy options in their children's lunch boxes.
- Our science and PSHE curriculum gives many opportunities to teach aspects of healthy eating and how to lead a healthy lifestyle.

Other activities we provide for children to have a healthy lifestyle are:

- 2 hours of physical exercise each week in designated PE lessons.
- Physical activities and cooking skills are on offer each week in Fab Friday.
- A range of physical after school clubs, such as dance, multi-sports, football and netball.
- Sponsored events such as the British Heart Foundation Jump Off
- Walk to School Week when families are encouraged to walk to school instead of using the car.