

Dear Parents and Carers,

The Healthy Schools Team would like to welcome you all back to school and hope we have a happy and healthy year ahead of us!

We believe schools have a role to play in encouraging children and young people to develop healthy living and eating habits. At Heronsgate, we encourage our children to complete the Daily Mile run or take part in 10 minutes of activity every day. This helps them to keep active and also helps their concentration in class. Our Early years children have the opportunity for lots of outdoor play and learning which keeps them very active! We have a range of sports equipment available for the children to use at break times which creates more opportunities to keep active and also develop their skills in sports such as volleyball, football and basketball.

We like to eat healthy snacks at Heronsgate! Early years classes have daily fruit and milk, Key Stage 1 have fruit at playtimes and we would like to take this opportunity to invite Key Stage 2 children to bring in their own piece of **fruit** or a **yogurt** tube snack, that they can consume at break time. Please do not bring any other types of snack including biscuits or chocolate and **no nuts please!**

Keeping hydrated is also very important to help children focus on their learning in class. Please ensure you provide your child with a reusable water bottle everyday, so they can drink this in class and at break times.

Heronsgate school encourages parents and carers who choose for their children to bring their own lunch to school, to provide them with a healthy packed lunch that complement the food standards met by our school meals.

#### **A packed lunch should include:**

**A main food option;** e.g. sandwich, salad, wrap, rice, pasta.

**At least one portion of fruit or vegetables;** e.g. apple, orange, dried fruit, cherry tomatoes, carrot or cucumber.

**An additional snack;** e.g. yoghurt, cheese, crackers, cereal bar, rice cakes, popcorn.

**One treat item only;** e.g. Crisps, biscuit, cake.

**Drink – Water only.** (Fresh fruit smoothies and juices are allowed as your fruit option)

#### **What is not allowed**

- Sweets
- Chocolate
- Fizzy/sugary drinks
- Chewing Gum
- Nuts



Thank you for helping our children maintain a healthy lifestyle.

Please contact the school if you require any further guidance, the healthy schools team will be happy to get back to you and provide support.

Yours sincerely,  
Mrs Dalton Hutchinson,  
PE and Healthy Schools Lead.

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