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**Healthy Schools and Healthy snacks and lunchboxes**



Dear Parents and Carers,

Sacred Heart School is proud to be accredited as a healthy school. This is due to healthy choices we have on offer at school for children to eat but also the high level of engagement in physical activity that the children are able to access. Part of being a healthy school is to also encourage our children to have a healthy diet in terms of what they eat for school packed lunch and also snacks they eat at break time.

Since returning to school, snacks and lunchboxes have not always contained healthy items to eat and there has also been confusion about what is seen as a healthy alternative to chocolate, sweets and crisps. We have seen a range of unhealthy options including family bag of crisps, tortilla crisps, iced buns and some fried food. We are therefore reminding families and children of the importance of having a healthy snack at break times and healthy choices in their lunchboxes. We understand this may not be something you can change immediately and therefore we are allowing a few days to ensure you can make these positive changes to your children's lunch and snack options to ensure your child's snack and lunch meet the expectation. Below is a link about healthy options for school and how we can swap some of our unhealthy options for better ones. It also gives simple recipe ideas and top tips to help parents at home.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

We will also be following this with some classroom discussions about healthy foods with children and what is expected in terms of the type of food we should be having in our lunch boxes and snacks. Children will be reminded about items that are seen as healthy or not healthy and discuss the health benefits of these.

We know that this is something that our families will agree is important for our children's health and well-being and will continue to support the school in regard to having healthy snacks and lunch boxes. We hope that working together with families and children we will ensure that Sacred Heart remains a healthy school.

Kind Regards,

Mr Bragard  
Assistant Headteacher



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