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Monday 7th January 2019

Ref: Healthy Eating Information and Guidelines

Dear Parents/Guardians,

2018 proved to be a very successful year for St Joseph's on the sporting field and with our outstanding SATs results placing us in the top 5% of schools in England for children passing their reading, writing and maths SATs combined. We are keen to build on these successes and ensure that we give all the children at St Joseph's the opportunity to be healthy in body, mind and spirit.

Each year we send huge numbers of children from year 1 to year 6 to a wide variety of sport festivals and tournaments, including a mixture of competitive and non-competitive events. We are extremely proud of our incredibly high uptake of events with more than 250 places filled at events throughout the school year 2017/18, despite some of the larger events being cancelled due to the weather. In previous years, when a full programme has been on, this number has been closer to 400. We are regularly the leader in the local area for the number of children we get out to participate and represent their school.

We also now offer 9 sporting after school clubs with no cost attached, covering all age ranges from reception to year 6. Each of these clubs has a minimum of 20 spaces, meaning we are also offering 180 places of complimentary sports activity each week, with a minimum of 2 clubs being able to be accessed by all age ranges.

It is hoped that through a combination of the above, we are instilling a lifelong love of sport in the children and encouraging them to lead healthy lifestyles. Therefore, in 2019 we are aiming to achieve Healthy School Status (<https://www.healthyschools.org.uk/>) and will be utilising the NHS Change4Life resources (<https://www.nhs.uk/change4life>) to help us achieve this.

What is Change4Life?

These days, 'modern life' can mean that we're a lot less active. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we don't move about as much, or eat as well as we used to.

*Too much sugar is bad for children's health as it can lead to the **build-up of harmful fat** on the inside that we can't see. This fat can cause weight gain and serious diseases like type 2 diabetes, which people are getting*

younger than ever before, and heart disease and some cancers. It can also lead to painful tooth decay and every 10 minutes, a child in England has a tooth removed in hospital.

The NHS also reported that in 2016/17, 1 in 10 children were classified as obese in reception, which increased to 1 in 5 children in year 6. With a few adjustments, we can significantly reduce the amount of sugar and unhealthy food intake at St Joseph's. Much of this is already in place and is listed in the parent handbook, but as a whole school we will be fully focused on achieving and living out our Healthy School Status to its maximum potential:

Our promise to you:

- Children will not be given sweets, chocolate or other unhealthy snacks by staff at school or off site at events such as sporting festivals and tournaments.*
- Children will not be given sweets, chocolate or other unhealthy snacks as rewards.*
- Children will be educated on how to lead a healthy lifestyle, including exercise and healthy eating.
- Children will be provided with a minimum of 2 x 1 hour PE lessons each week, in line with the national curriculum.
- Children will be provided with 10 to 15 minutes per day of additional exercise before school via our 'Wake and Shake' fitness session.
- Children will be given opportunities to take part in active after school sport clubs, as well as tournaments and festivals throughout the year.
- All KS1 children to be provided with a portion of fruit or vegetables each day at morning break.
- The school tuck shop will only provide healthy snacks not containing unhealthy amounts of sugar or chocolate.
- Parents will be informed in advance of any cooking and eating lessons that are scheduled to take place, and what ingredients will be used.
- We will provide support and information for care givers and children to help achieve a healthy body, mind and spirit.

*As a school, we like to take a realistic approach and are fully aware that children enjoying sweets and chocolate in moderation is a fun and nice experience for them. With the implementation of the above, we feel that the children will have significantly reduced their unhealthy food intake during school time and therefore would be more than happy to still allow occasional use of these foods for special events such as the Easter egg hunt, Christmas party, cookery and charity bake sales, for example. If any of these are to take place, you will be informed via the school newsletter.

Other events, such as the Christmas Bazaar and Summer Fete, for example, give you the choice whether to purchase sweets or chocolate and will be completely unaffected by the above.

To achieve all of the above, we will require your support also and ask for your help with the below.

What we ask:

- Break time snacks to consist of any piece of fresh/raw fruit and vegetable (i.e. not cereal bars or fruit winders for example - also helpfully cutting down on plastic packaging that cannot be recycled. Package free is best!). As a rough guide, the NHS suggests a single portion of fruit or vegetables should fit in the palm of your hand.
 - Parents in KS1 may be aware that a portion of fruit or vegetables is provided by school every day, so you may choose not to send in an additional portion.
 - All other snacks (including sweets, chocolate, cereal bars, fruit winders, bread sticks and crisps for example) will be kept by the class teacher and returned to you at the end of the day (or your child if they are attending after school club or being picked up by someone else).
- Please do not provide sweets, chocolate or unhealthy snacks in your child's lunchbox. A list of healthier replacement snacks is available on this link - <https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks>
- Please do not bring any sweets, chocolate or unhealthy snacks on to the school premises for your own or other children. This includes before school, at pick up time and at the end of after school sport clubs.
- Off-site sporting festivals and tournaments – Please do not bring unhealthy snacks such as chocolate and sweets to give to the players, particularly if they are not your own child (due to allergies and parent preference).
- Off-site school trips – Please do not give your child unhealthy snacks such as chocolate and sweets for themselves or to share amongst other pupils due to allergies and parent preference. Also the coach companies no longer allow eating of any kind on the vehicles.
- Please do not send in sweets, chocolate or unhealthy snacks for birthdays to share amongst the class. Each pupil will have 'Happy Birthday' sung to them and a card given to them to ensure they feel they have had a celebration!

On Monday 21st January, I will be hosting an information event at 3.30pm in St Aldhelm classroom to provide further information on healthy living for children. We hugely appreciate your support with this matter and feel it will make a significant change to the children. If you do have any questions, please see me and I will be more than happy to discuss any of the above further.

Yours sincerely

Mr Dawson