



8th September 2016

Healthy School Status

Dear George Eliot Families,

RE: Healthy School Status

Welcome back. We hope you all had a happy and fun time over the holidays.

I am sure that you are aware that all schools have responsibility for educating children about healthy lifestyles. To support this initiative we are embarking on gaining Healthy School Status. Alarming the obesity rate of children in Westminster is one of the worst in the country. This means we need to make some changes at George Eliot to help our children be healthy throughout their lives.

Birthday Celebrations

Children will no longer be allowed to bring in cakes, sweets or sugary snacks into school to celebrate their birthdays. We would prefer that you do not send food in but if you feel you must then you can send in fruit, raisins or similar.

If children celebrate their birthday we will acknowledge and celebrate by singing Happy Birthday in class at the end of the day.

Packed Lunch

We are putting into place a packed lunch policy. Children's lunches need to be healthy and balanced with minimal sugar content. In line with Healthy School Guidelines, children will no longer be able to have crisps, sweets, sugary drinks etc.. in their packed lunch. If your child brings unhealthy foods or drinks into school they will be sent home with them at the end of the day.

Playtime Snacks

EYFS & KS1 children have free fruit at playtimes. We plan to start a fruit tuck shop in KS2. Please do not send your child into school with sweets, chocolate, sugary snacks etc... of course children in KS2 are very welcome to bring in a piece of fruit at playtime until the fruit tuck shop is set up.

Throughout the year we will have parent workshops to help us work in partnership to ensure our children lead healthy lives.

Best wishes,
The George Eliot Team