

Thursday 21st September 2017

Dear George Eliot Families,

RE: Healthy Schools

I hope this letter finds you well. I would like to take this opportunity to remind you about our Healthy School's status and what this means for children at school. I am sure that you are aware that all schools have responsibility for educating children about healthy lifestyles. Alarming the obesity rate of children in Westminster is one of the worst in the country.

We made great progress over the year in achieving our Bronze and Silver Healthy Schools awards and we are on our way to achieving Gold. To that end, we would like your help with the following:

Birthday Celebrations

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

Our packed lunch policy is available on the school website. Children's lunches need to be healthy and balanced with minimal sugar content. In line with Healthy Schools Guidelines, children are not 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 have 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 if you would prefer.

If you have any questions, please do not hesitate to speak to a member of staff.

Best wishes,

Joe Lettington
Healthy School's Coordinator

