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Advice for Parents RE: Health and Wellbeing

Dear Parents/Carers,

As you may be aware there is increasing concern about rising rates of obesity and related health problems in children in the UK. These concerns have been further highlighted during the Covid lockdown. As a school, we have a responsibility to help children eat healthily, so as to not only be fit and healthy but also to be alert throughout the school day. A balanced diet is key to this, and as such, suggestions and guidance is provided below regarding packed lunches. A healthy diet is also an integral element of oral health. Good oral health enable individuals to communicate effectively, to eat a variety of foods and is important in overall quality of life, self-esteem and social confidence.

A balanced diet includes foods from each of the five food groups: carbohydrates, protein, dairy, fruit and vegetables, and small amounts of fats and sugars.



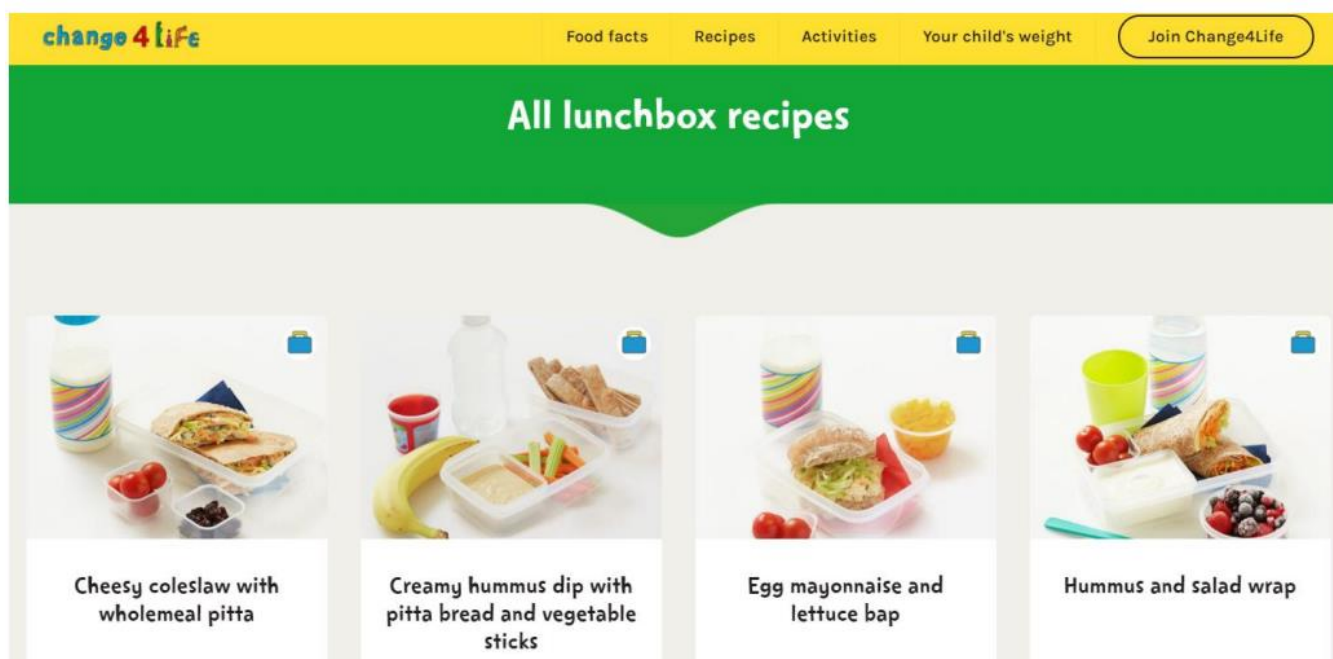
Based on this, a possible balanced and healthy packed lunch might be

- A cheese and ham sandwich with lettuce, tomato and wholemeal bread
- Blueberries and raspberries
- Fresh orange juice
- A cereal bar

Children should not have a fizzy drink or chocolate yoghurts (fruit yoghurts are allowed). If children do have an item with chocolate (chocolate spread in a sandwich or a chocolate cake), this should be limited to one item. For example, they should not have a sandwich with chocolate spread and then a chocolate cake.

Throughout the school day, we only offer milk and water to drink during snack times. We also only offer healthy snacks to eat, we take part in dental health activities and we work collaboratively with dental health teams to promote oral health through a range of activities, such as modelling effective tooth-brushing and dental health checks in school.

To support packed lunch preparation, we have provided a 'Change 4 Life' link with suggestions and ideas on healthy and balanced packed lunches. It is also important to consider not only the food included but the quantity too. <https://www.nhs.uk/change4life/recipes/healthierlunchboxes>



We hope that you find this information useful and thank you for your support,

Avril Armstrong and the PE Team