



# ST. LEONARD'S PRIMARY SCHOOL AND LEO'S NURSERY

St. Leonard's Avenue  
Stafford  
ST17 4LT

Headteacher: Mrs Helen Spearing

Telephone: 01785 334960

Email: [headteacher@st-leonards-stafford.staffs.sch.uk](mailto:headteacher@st-leonards-stafford.staffs.sch.uk)

Website: [www.st-leonards-stafford.staffs.sch.uk](http://www.st-leonards-stafford.staffs.sch.uk)



## Healthy Eating

As a school we have invested a lot of money into providing extra sporting activities such as sports enrichment days, external coaching, entering more sports events and developing the playground. Furthermore, we have continued to develop strategies and activities to support your children's mental health and wellbeing such as HOPE, Lego therapy, Cool Kids and our Jigsaw curriculum. We now need to focus on revisiting healthy eating.

Diet and nutrition play an important role in the mental, physical and social development of a child. The establishment of healthy eating in childhood can reduce the risk of health problems such as coronary heart disease, diabetes and osteoporosis in later life. With this in mind, we aim to establish good eating habits, to promote good growth and to hope that these will be continued into adulthood.

Recently we have noticed in school that some children are bringing in snacks with a high fat and sugar content and therefore have recognised the need to ensure healthier choices are being made. In school we feel that it is beneficial for all children to have a substantial snack at break time. This is an important part of the diet for young people who may not get enough energy for growth and development from their three main meals and because snacks can positively contribute towards a balanced diet (providing foods which are high in sugar, fat or salt are avoided) we have decided to encourage healthy snacks at break time. **Please see new Tuck menu for after Easter.**

In line with our healthy eating policy a piece of fruit is provided for every KS1 and EYFS child in school, any surplus fruit is distributed to KS2 children. If you want to send your own tuck in then here are some suggestions:

## Healthy Choices

- A piece of fruit
- Dried fruit such as raisins
- Vegetable sticks
- Filled rolls / sandwiches / pitas / tortillas
- Crispbreads
- Rice cakes
- Bread sticks
- Crackers spread with low fat cream cheese
- Twiglets

Sugar- and fat-laden foods such as confectionary, biscuits, pastries, sausage rolls and crisps will no longer be permitted. If your child brings these in they will have the item confiscated and given back to them at the end of the day. Sugar coated fruit or fruit/cereal bars will also not be permitted.

With the best will in the world it is not always obvious whether a snack is healthy. The following table can be used as a guideline:

## FAT

A LOT is 20g or more per 100g  
A LITTLE is 3g or less per 100g

## SATURATED FAT

A LOT is 5g or more per 100g  
A LITTLE is 1g or less per 100g

**SUGAR**

A LOT is 10g or more of added sugar per 100g  
A LITTLE is 2g or less of added sugar per 100g

**SALT**

A LOT is 0.5g or more per 100g  
A LITTLE is 0.1g or less per 100g

**Fluids during the day**

It has been proven that drinking plenty of water increases children's mental alertness and so helps them to learn more effectively. Fresh water is freely available for the children. Each child should have their own named plastic water bottle, which they can refill as necessary and which is kept easily accessible at all times. For hygiene reasons these bottles need to be taken home every day to be cleaned. In keeping with our Healthy Eating Policy children may only drink plain, unflavoured water.

**Packed Lunches**

In line with our Healthy Eating Policy, the following guidelines are set out to parents regarding foods to be included/excluded in sandwich lunches:-

- To supplement sandwiches / rolls / wraps/ savoury lunchtime foods, children are encouraged to include fruit and vegetables in their lunchboxes.
- Eggs for sandwiches etc. should be very well cooked to avoid the possibility of salmonella and to cut down the risk of an allergic reaction.
- Cake, biscuits, mini biscuits or biscuit bars eg. Penguin bars are also permitted, but only as part of their packed lunch.
- 'Squeezy' yogurts are a good option especially if your child is able to open the packet themselves.
- Children should not bring actual sweets or bars of chocolate to school as part of their packed lunch.
- Packed lunches should be sent in a named, leak-proof lunch box.

Drinks should be in cartons or unbreakable bottles. They should be 'still' and cold.

It is school policy that food not eaten will remain in the lunchbox so that you can monitor what your child is eating unless it is a half-eaten yoghurt!

**School meals**

Please be assured that all school meals follow government guidelines in terms of fat, sugar and salt content and that all food allergies and dietary needs can be met. I have been in talks with our meal providers and they will be introducing a new KS2 menu which will should appeal to your older children. Menus will be sent out as soon as this is confirmed.

**Birthday Celebrations**

We realise that children sometimes want to share their birthday celebrations by bringing something in for their class mates. However as part of our push on healthy eating I would ask that rather than sweets and cakes that this could be stickers or fruit etc so that it can be given out during the day.

As educators, caregivers and loved ones we all want the best for our children. Let's work together to ensure your children are fit for the future!

Thank you for your continued support. If you have any questions, please contact the school.

**Helen Spearing**



**ST. LEONARD'S PRIMARY SCHOOL AND LEO'S NURSERY**  
St. Leonard's Avenue  
Stafford  
ST17 4LT

Headteacher: Mrs Helen Spearing

Telephone: 01785 334960

Email: [headteacher@st-leonards-stafford.staffs.sch.uk](mailto:headteacher@st-leonards-stafford.staffs.sch.uk)

Website: [www.st-leonards-stafford.staffs.sch.uk](http://www.st-leonards-stafford.staffs.sch.uk)



# St. Leonard's Breaktime Tuckshop

***New Healthy Menu from 30<sup>th</sup> April 2019***

**Toast (50/50 bread) - 20p    Crumpet - 30p**

**Half Toasted Tea-Cake - 35p    Half Toasted Bagel - 30p**

**Fruit Bag - 30p    Vegetable Sticks - 30p**

**Fruit Juice (Orange or Apple) - 35p    Milk - 20p**

Please send your order in a sealed envelope along with the correct money on a **Friday** morning for the following week. Thank you.