

Headteacher: Mr S Payne  
Deputy Headteacher: Mrs M Clark  
Telephone: 01474 833177

Email: [irpoffice@swale.at](mailto:irpoffice@swale.at)  
Website: [www.isteadrise.org.uk](http://www.isteadrise.org.uk)

Downs Road  
Istead Rise  
Northfleet  
Kent  
DA13 9HG

26th September 2023

## Healthy Eating

Dear Parents/Carers,

This year we are continuing to develop children's wellbeing, which will include learning how to be resilient, looking after ourselves, developing physical abilities through P.E. lessons and talking about our emotions and how we feel.



As part of the above, we would like you to support us in promoting a healthy lifestyle for your child by providing them with healthy food options in their lunches and mid-morning snacks. Our school already works with the catering service to ensure that a healthy menu is available and that national standards are met. Although the children will sometimes have puddings, cakes or chips for example, these are sourced and cooked in a healthier way and are presented as part of a balanced menu over the week. Fruit and vegetables are included as part of a meal and salad is available for your child.

In the past, we have tried to ensure that packed lunches and mid-morning snacks are of a similar healthy standard to school meals, but we recognise that it can be difficult to navigate the array of different types of foods available and to ensure variety in packed lunches.



Morning snacks could include:

- Fruit or raw vegetables
- Cheese and crackers
- Reduced sugar cereal or fruit bars

We ask that packed lunches do not include:

- ❖ Nuts or foods containing nuts (to safeguard those children with allergies)
- ❖ Fizzy drinks or energy drinks
- ❖ Sweets or chocolate bars

To reduce the salt, sugar and unhealthy fat intake your child has, cakes, biscuits and crisps could be offered as a treat one day a week.

We would like to thank you for your continued support,

*K Underdown*

Miss Underdown  
Assistant Headteacher