



Thursday 12th September 2024

Dear Parents/Guardians,

As Healthy Eating Coordinator, I want to remind our pupils and parents of our Healthy Eating Policy and what we do in HCB to encourage the boys to eat healthier.

We will have our annual Healthy Eating Day in term 1 and as in previous years, it will be linked with a writing task. Each class will be given a small budget to buy ingredients for their healthy eating choice.

We have also introduced a Weekly Award for the boy who eats a healthy break every day. He will receive the Healthy Eating Ambassador Weekly Award, along with our Artist, Musician, Reader, Mathematician, Philosopher and Sports Star awards.

Healthy eating at Holy Cross Boys' P.S should not be seen in isolation. The Healthy Eating Policy of Holy Cross Boys' is an integral part of our PDMU policy. It involves a partnership between teachers and parents.

Link to Healthy Eating Policy:

https://storage.googleapis.com/siteassetsswd/684/docletter/20220705104703_11_Healthy_Eating_Policy.pdf



- Water:** All children are encouraged to carry a bottle of water in their schoolbags to drink throughout the day. No flavoured water!
- Break:** Children can have a **small bread-based snack and a yoghurt alongside fruit and/or vegetables. The only drinks taken should be either milk or water.** Bread based snacks with a sugar free filling e.g. plain bread sticks, bread rolls, sandwiches of ham, tuna, cheese etc. Scones, muffins or pancakes can be used occasionally as they contain some sugar and may cause tooth decay if taken frequently.
- Lunch:** In PDMU (Personal Development, Mutual Understanding) lessons we are trying to develop the idea of a balanced diet and healthy lifestyle which will be carried on into adult life.

For this reason, we encourage pupils to include a piece of fruit, sandwiches, and a non-fizzy or sugar free drink in their lunch as well as a treat.

- NB: We are a nut free school. CAKES ARE NOT allowed under any circumstances. Chewits (contain egg) and are also NOT permitted.**



Thank you for your continuing support.

Mrs Wallace
(Healthy Eating Coordinator)

