



13<sup>th</sup> October 2020

Dear parents / carers

What children eat makes a huge difference to:

- their physical development
- their mood
- their energy levels
- the health of their teeth
- their concentration at school

Healthy eating matters and you can help by:

- Providing more fruit and vegetables for snacks / in lunch boxes (e.g. carrot sticks, cucumber, small apple or orange, banana, dried fruit, mini tomatoes, melon cubes)
- Providing meat, fish or other source of non-dairy protein (e.g. chicken, turkey, tuna, lentils, kidney beans, chickpeas).
- Providing a starchy food (e.g. bread, pasta or rice, crackers, rice cakes, oatcakes, pitta bread, tortilla wraps).
- Providing a dairy food (e.g. cheese, yoghurt).

**Avoid crisps and biscuits** - they should be eaten in moderation because they are unhealthy.

The following **should not be in school**:

- Bars of chocolate
- Sweets
- Fizzy drinks

Many thanks

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