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Dear Parents and Carers,

Following on from the information provided in the last newsletter about no cakes or cupcakes being bought in for birthday treats, we wanted to explain the reason behind this change.

Eating healthy can positively affect children's behaviour in the classroom. As you will be aware, there is increasing concern about rising rates of obesity and related health problems in children. As a school, it is part of our responsibility to help children learn how to eat and live healthily.

The following guidelines are set out by the NHS website Change4Life:

<http://www.nhs.uk/Change4Life/Pages/change-for-life.aspx> and they recommend that a child's lunch should include the following:

- A portion of starchy food, e.g. wholegrain bap/bread, pitta bread, plain crackers, pasta or rice salad.
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrot sticks, mini fruit chunks, etc.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink – fruit juice (not fizzy or diluted squash), water (not flavoured), and milk (not flavoured).

Lunchbox swaps

- Try bags of grapes, melon chunks and strawberries to provide the sweetness without the added sugar.
- Choose teacakes, fruit loaf, scones or plain biscuits as an alternative to cakes and chocolate.
- Carrot and celery sticks with a natural low fat yoghurt or hummus dip are tasty sides.

We are also, introducing the 'Parkhill Mile', this is a social activity, where children run or jog, at their own pace, for 15 minutes at least three times a week to help improve their physical and mental health, as well as increasing focus in the classroom.

Please support us as much as you can, at home, by carrying out a daily, physical activity, encouraging children to complete their weekly PE homework and packing healthy food for a packed lunch.

Enjoy Learning!

Mrs Hughes-Mulhall

