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Monday 10th December 2018

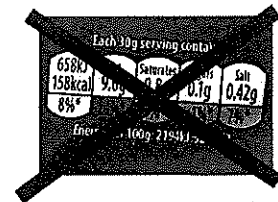
Dear Parents and Carers,

Party season is upon us! Next week children will be celebrating Christmas and the end of the autumn term with their class.

At Parkhill Junior School we work hard to ensure that pupils' minds and bodies are ready for learning each day. We can also work to encourage healthy eating and physical activity, leading them to lifelong success. By helping them start healthy habits early in life, we can help reduce our children's' health risks.

To encourage this, please find a list below of suggested food and beverages for the parties:

- 100% juice
- Fresh fruit
- Vegetables (E.g. cucumber / carrot sticks, cherry tomatoes)
- Dip e.g. houmous
- Pitta bread
- Crackers
- Flapjacks
- Breadsticks
- Sandwiches on wholemeal bread with a cheese or lean meat filling
- Samosas / pakoras
- Dried fruits
- Low-fat yoghurt products
- String cheese
- Cheese and pineapple on a stick
- Crisps with only orange or green on the nutritional value label



Be creative! Make something at home!

Our goal is not to cut out all treats, but to make sure they are eaten in moderation and do not become the focus of parties or celebrations. The focus should be on fun, not food. The list above provides healthy suggestions for celebrations.

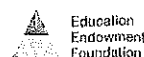
Please be advised, any foods that do not comply with our ethos of promoting a healthy lifestyle will be returned home.

Enjoy Learning!

Mrs Patel

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Deputy headteacher



Redbridge Education Partnership