



**COWBIT ST. MARY'S (ENDOWED)  
CHURCH OF ENGLAND PRIMARY SCHOOL**

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## **Healthy Eating**

As a staff, we have noticed an increase in unhealthy snacks being eaten by pupils during morning break. You will be aware that the government is encouraging schools to promote healthy eating throughout the school day. For pupils in R/Y1-2, a piece of fruit or vegetable is provided for them in the afternoon. We would like to re-introduce the Healthy Eating initiative in order to further promote health and well-being throughout the year groups.

Donaldson Class's topic this term is based around eating healthily. Therefore it would be a great opportunity for them to share their learning. Donaldson pupils have been telling others about the importance of eating healthy snacks. Some pupils have even been checking to see what teachers have been eating.

Beginning on Monday 20<sup>th</sup> of November, Donaldson Class will be recording pupils' snacks to encourage healthy eating. Please ensure your child has a healthy snack such as: fresh fruit, vegetables, rice cakes, low-fat yoghurts or dried fruit. Pupils should not have chocolate bars, crisps, biscuits or sweets. (I was surprised when I was made aware of how much sugar is in some snacks which are marketed as 'healthy' such as cereal bars and fruit strips.)

Thank you,

*DONALDSON CLASS*

Mr Johnson

**Information from <https://www.lincolnshire.gov.uk> : A whole school approach to school meals, food education and healthy eating in line with School Food Plan recommendations and Ofsted requirements.**

**Outcomes:** Improving children's health and wellbeing, behaviour, concentration and learning outcomes by promoting a whole school approach to healthy eating and food education.

The DfE will be introducing a new voluntary healthy rating scheme to recognise and encourage schools' contribution to preventing obesity by helping children to eat better and move more. This scheme will be taken into account during Ofsted inspections.

Ofsted already expect to see pupils making informed choices about healthy eating and the school's culture promoting this aspect of pupils' welfare. Inspectors will take account of the scheme as an important source of evidence about the steps taken to promote healthy eating and physical activity.

**We are very proud of our school for being acknowledged as 'Good' by Ofsted and by the National Society of Anglican and Methodist Schools.**

*'...a welcoming family atmosphere and a culture where good teaching and good behaviour flourish.'*

**Ofsted May 2015**