



St. Leonard's C.E. Primary School

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Healthy Eating Policy

Dear Parents

Thank you very much to all the families that have been so supportive in helping us to educate our children about Healthy Eating and lifestyles. This is obviously important to everyone, especially at a time when National childhood obesity levels are at their highest.

We will continue to encourage our children to eat healthily as well as looking, as we always do, at the importance of physical activity. The School Council will be busy looking at School lunch menus with the Kitchen staff, to ensure they are nutritionally well balanced, with food that all enjoy. They are also putting together a booklet of ideas for healthy lunchboxes using foods that the children love to eat. They will be busy creating, preparing and letting the children taste their ideas first!

I am sorry to hear that we have upset a few families over this renewed initiative. It is something that we started 12 years ago and has always been part of the children's education here. Nothing has changed, we are just asking for your continued help and encouragement.

Many thanks again.

Yours sincerely

Kay Ferriday
Head Teacher

