



17th July 2015

Healthy Schools

Dear Parents,

As some of you may be aware, Valley Primary School was recently awarded the Bronze Healthy Schools Accreditation. In addition to this, we have also been informed by the British Heart Foundation that we were one of the top 250 fundraising schools for 2014-15.

In the next academic year, we will continue to develop the range of sporting clubs on offer at Valley, increase the amount of PE on the weekly timetable and it is our aim to achieve the Silver Healthy Schools Accreditation.

Current news headlines remind us all of the importance of promoting healthy lifestyles amongst the younger generation:

- Nearly 26, 000 children aged 5-9 yrs were admitted to hospital in England in 2013-14 with tooth decay. This is a 14% increase on 2011 (Royal College of Surgeons announcement on 12th July 2015);
- 9.5% of Reception Class children were obese in 2013-14 (Health and Social Care Information Centre);
- Only 10% of boys and 7% of girls aged 4-10yrs consume the recommended five portions of fruit and vegetables a day.

To build on the work we have already started this year, we will be reinforcing the healthy eating agenda in the following ways from September 2015:

- **Pupils in Years 3 – 6 will only be allowed to consume a fresh fruit or vegetable snack at morning break. (Crisps, chocolate bars or sweets will not be allowed so please ensure that they do not bring these to school); Pupils in Years R – 2 already have a daily fruit or vegetable snack provided by the school.**
- **The practice of pupils bringing in sweets to share out to the class to celebrate their birthday will no longer take place. Instead, time will be given as part of the school day to celebrate a pupil's birthday as a whole class;**
- **Staff will no longer hand out sweets or biscuits as treats or rewards for good work (alternative rewards will be given);**
- **The Senior Leadership Team will work closely with the PTA to review the type and quantity of sweets on offer at PTA events / discos;**
- **The Senior Leadership Team will continue to work with the kitchen staff to ensure a healthy, balanced midday meal is offered which continues to meet the National dietary guidelines.**



CARE – LEARN
AIM HIGH – BE HONEST
WORK TOGETHER – ENJOY WHAT WE DO
LOOK AFTER WHAT WE HAVE – IMPROVE ON PREVIOUS BEST



All of us, from time to time, indulge in the 'naughty but nice' foods and, as a school, we acknowledge this so we will continue to allow some chocolate and sweets to be consumed at school at certain festival times.

There is now a lot of research examining the relationship between nutrition, physical activity and academic success. Results consistently show that when children's basic nutritional and fitness needs are met, they have the energy to learn and achieve. On the other hand, when children eat poorly or engage in too little physical activity, they do not perform as well academically. When these children then engage in healthy eating programs, their academic performance improves.

While we also understand that parents are the best people to decide what their child can and cannot eat, the school does have a crucial role in educating pupils and their families on the risks and benefits of eating specific foods and drinks.

"Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe" - Early Learning Goal - Health and Self Care.

Throughout next year, we will be holding parent information sessions on creating healthy, balanced and affordable lunchboxes, the importance of eating a sensible breakfast and recipe ideas for alternatives to snacks high in sugar or saturated fat. We will also welcome any parent volunteers who would like to get involved in our Growing Schools project where pupils from across the school can plant, grow and then eat fresh fruit and vegetables.

We look forward to your continued co-operation so that Valley pupils can enjoy a happy, healthy childhood with everyone having an equal chance of succeeding academically.

Yours sincerely

A handwritten signature in black ink, appearing to read 'John Brown', with a long horizontal flourish extending to the left.

Mr John Brown
Headteacher