

Wednesday 7th June 2023

Re: Promoting healthy eating; at home and in school

Dear parents and carers,

Chapel Street is committed to working with our families to encourage, educate and support you in making sure your children remain healthy – both at home, and in school.

Recently, there has been a large increase in the number of children bringing unhealthy food into school (crisps, chocolates, sweets). **Children should not bring these types of snacks into school.**

The below websites are packed full of information to help and support you to make the right choices for your child and their daily eating habits:

[NHS – Eat Well](#)

[NHS – Taking care of your teeth and gums](#)

[NHS – Children's healthy weight](#)

[NHS – Healthier families](#)

School meals are a great choice; Mellors offer healthy, balanced and nutritious meals to those children who have a school dinner every day.

However, if you do make a packed lunch for your child, then there are some great tips and ideas on this website:

[NHS – Healthy packed lunch recipes \(for on-the-go families\)](#)



Good snacks



Bad snacks



If you feel you need further support, please don't hesitate to contact the school office.

Kind regards,

Mrs K Pilling
Deputy Headteacher

