



Harriers Banbury Academy

an Aspirations Academy

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Dear Parents & Carers,

Promoting a healthy lifestyle is important to us as a school from a curriculum and a wellbeing point of view. Changes to the Early Years curriculum, in particular, have increased the responsibility on schools to promote healthy eating and dental care. We therefore, more than ever, want to be doing everything we can to educate the children on healthy eating and to work with our families to ensure the children are eating healthily whilst in school.

We have discussed this with staff and parents through our Harriers Advisory Committee (HAC). The outcome of these discussions is the following guidance that we would like all families to be aware of.

A balanced diet

All of us should have a balanced diet that regularly includes each of the food groups:

- fruit and vegetables.
- potatoes, bread, rice, pasta and other starchy carbohydrates.
- beans, pulses, fish, eggs, meat and other proteins.
- dairy and alternatives.
- oils and spreads.

This NHS poster will help advise you on which foods provide a healthy diet ([available here](#))

A treat

We all like a treat in our diet, and our children even more so, and this is fine as part of a balanced diet. We therefore agreed that a small sweet treat is allowed at times, for example after a healthy lunch or when it is someone's birthday. As a result, children are still allowed to bring treats in for their class on their birthday, if they wish to do so!

Lunch boxes

As part of our duty to promote healthy eating we must ensure that our pupils eat a nutritious lunch when at school. We know that our school dinners adhere to this and our cooks, Sarah and her team, do a fantastic job in serving up delicious meals every day! We must insist that packed lunches are equally healthy and nutritious, and request families to follow the guidelines below.

Lunch boxes must:

- be a balanced meal - not just crisps or sweet items - e.g. sandwich/wrap, a rice dish, pasta
- contain fruit or vegetables
- NO NUTS are allowed in school
- consider healthier options for crisps e.g. baked/less than 100 calories/lower salt
- a small sweet treat e.g. a small cake - not chocolate bars

Staff monitor the contents of lunch boxes and will contact parents/carers if we feel we need to discuss your child's lunch.

Tuck Shop & Breaktime snacks

We think carefully about what we sell from our tuck shop. We ensure the snacks are healthy and popular with the children. Currently we sell pretzels, milkshakes, raisins, cheese and crackers, water, plus items on rotation. These snacks are not too high in fat or sugar and have some goodness or nutritional content for the children. We also encourage all children to bring in a water bottle from home and to drink regularly throughout the day.

There are no set rules for the snacks children bring in from home for their break time, but they must follow the tuck shop ethos that the item is low in fat and sugar, with nutritional content. Therefore the following items are NOT allowed: chocolate, crisps, sweets. Obviously nuts are not allowed either.

Fruit is available daily and free of charge for all pupils in Early Years, Year 1 and Year 2.

Healthy Eating is one of the things that always causes discussion - and there is sometimes no right or wrong answer, just different points of view. If we speak to you about your child's lunchbox or snack, we do so because we care about their wellbeing and education and have a duty to raise any issues with you. Our views differ, but we thank you for respecting our decisions whilst your child is in our school.

Please contact me via the school office if you would like to discuss this letter any further.

Yours sincerely,



Alex Pearson
Executive Principal