



Appleby Primary School

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4th February 2016

Appleby School Council: Healthy Eating Campaign

Dear Parent / Carers,

As a group of sixteen children known as the School Council we have a monthly meeting where we discuss various topics that affect us at school. This month's discussion was about healthy eating and how we can become a healthier school.

It has come to our attention that at breaktimes and lunchtimes there are some unhealthy snacks being eaten which are not in line with school guidelines.

As the school council we would suggest that the following snacks are ideal to eat in school both at morning break and as part of a packed lunch:

Fruit

Seeds / nuts

Cereal bars / brunch bars

Vegetables such as raw carrots & cucumber

On a Wednesday and a Thursday the school council run a healthy tuck shop and children can buy a great snack for 20p. Please support us by sending your child with money on these days.

Chocolate and crisps are unhealthy and should not be part of a packed lunch or given as a playtime snack.

We will discuss any comments you would like to make about this letter at our next school council meeting.

Also, next meeting we will be discussing two of the British Values – 1. Mutual Respect and 2. Tolerance of those with different faith and beliefs.

Thank you for reading our letter and helping us to make Appleby Primary School a great school to learn in.

Yours,

Appleby School Council

(our photos are up in school in the girls cloakroom area if you want to see who we are!)

Headteacher
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Chairman of Governors
Mr. J. Baxter

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Mrs. R. Bousfield

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