

Dear Parents and Carers,

Re: Healthy Eating

At Weston Schools Federation, we recognise the importance of promoting a healthy lifestyle and diet for our children. We understand that establishing good eating habits in childhood plays a vital role in supporting lifelong health and well-being.

As part of our ongoing commitment to health and nutrition, we are working towards achieving our Healthy Schools Award. We are excited about this initiative and the positive impact it will have on our school community.

As part of our efforts to encourage healthy eating, we kindly ask that all children, where possible, bring healthy food to school. Below are some examples that children can bring:

- Crackers
- Bananas
- Oranges
- Strawberries
- Raisins
- Carrot sticks
- Rice cakes
- Yogurt
- Low-fat cheese
- Cucumber
- Snap peas



Please note that children in Key Stage 1 are entitled to free milk and a piece of fruit each day. This means they do not need to bring a separate fruit snack for breaktime, as they will already receive one during the school day.

Thank you for supporting us in encouraging healthy eating habits at school. We appreciate your support in helping our children develop a positive relationship with food.

Kind regards,



Mr J Wiltshire
Headteacher