



# Great Gaddesden C of E (VA) Primary School

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Great Gaddesden C of E School  
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Monday 23<sup>rd</sup> April 2018

Dear Parents,

This week, we are having a whole school focus on '**Healthy Eating**'. Research shows that schools that have taken a whole school approach to healthy eating benefits the pupils in a number ways. Some of the findings show the following:-

- Well-fed pupils are calmer and better able to concentrate.
- Well-fed pupils have fewer days off due to illness.
- Whole school food activities, such as cooking, growing and tasting, are often good ways to engage children that are otherwise reluctant to get involved in school life.
- Food service initiatives such as breakfast clubs and tuck shops provide opportunities for social development.
- Curriculum links with special food projects and events bring subjects alive.

During the week, the children will have the opportunity to explore and develop their understanding of a healthy diet through a range of cross curricular links.

On Wednesday, all the children will be planning, cooking and sharing a whole school meal. Each class has been given a budget and their challenge is to plan and produce a course for everyone to share. (Please ensure that the office holds up-to-date information regarding any food allergies related to your child).

During the week, the School Council will begin work on planning the introduction of a healthy tuck shop. This will involve gathering ideas for stock, working within a budget and discussing the organisation of the project.

This term, we have extended the school lunches to include a jacket potato option, daily. The initial feedback from the children shows that this is a popular choice. (A reminder that school meals are free for *all* school aged children up to the age of seven).

I am sure your children will share their daily activities with you during the week. If you have any suggestions/queries, please free to share these with myself or a member of staff.

Regards,

Mrs Wickens