



Dear Parents

The Glazebury School Council is working on an exciting new project this autumn term 'The Tasty Tuck Award'. It aims to make healthier choices and healthy lifestyles easier for children to make within the school setting.

### **Health and Wellbeing in Children and Young People**

The Government's Healthy Lives, Healthy People: our Strategy for public health in England, states its approach to improving health and wellbeing is based on the following actions:

- Strengthening, self-esteem, confidence and personal responsibility
- Positively promoting 'healthier' behaviours and lifestyles;
- Adapting the environment to make healthy choices easier.

The Government has also stated its continuing commitment to healthy schools as a means to improve the health and wellbeing of children and young people.

The Government recognises that taking better care of children's health and development could improve educational attainment and reduce the risks of mental illness, unhealthy lifestyles, road accidents and hospital admissions due to tooth decay

### **Possible ideas Glazebury School Council may use:**

- Design a questionnaire for pupils and parents to see if they are willing to support the council.
- Design posters to be displayed in our school to promote healthy snacks and drinks and the Oral Health Promotion Tasty Tuck 4 Life Award.
- Create a snack list for pupils and parents to use.
- Ask classes to keep a snack diary for a week to see what sort of foods is being brought in from home.
- Create a display showing a selection of foods and drinks and their sugar content.
- Have a reward system or a class competition to see how many children bring a healthy snack in from home. The healthiest class of the week could be presented with a class certificate.
- Pilot the scheme for 2 weeks to see how things progress.

### **How does our school achieve the award?**

In order to achieve the award simple criteria have to be met:

1. In schools that have a tuck-shop, healthier choices should appear for sale.
2. In schools that allow snacks to be brought in from home, food choices should meet those set out in the criteria.
3. The only drink brought in to school from home must be plain water.
4. Schools should draw up a written policy covering the consumption of food and drink at mid-morning / mid-afternoon break-times.

### **Aims of the award:**

- To ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our school;
- To provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices;
- To work in partnership with the Warrington Borough Council school meals service.

### **Nutritional Aims:**

- To encourage pupils to choose a variety of foods to ensure a balanced intake in line with the 'Eatwell Guide' nutrition guide and the nutrition standards;
- To encourage foods that are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products;
- To encourage starchy foods as a source of energy (such as wholegrain bread, pasta, rice and potatoes) rather than fatty foods;
- To encourage, water, no added sugar fruit juices and no added sugar, lower fat milk drinks.

We would love to hear your comments and have provided a short questionnaire at the end.

### **Your School Council**

Chloe Hardman

Max

Tyler

Abigail

Emmaline obery

Niamh moss

George

Isabella

Baden - Charan



## School Council Questionnaire

Please could you take a few minutes to complete the following questionnaire and return it to school?

1. Is your child/children's health and development important to you?

Yes ☐ No ☐

2. The School Council would like to support the children with healthier snacks at break-time. Would you support the school with this change?

Yes ☐ No ☐

If no, could you please explain why?

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3. Would you support the school in achieving the Tasty Tuck Award to promote good general health as well as dental health?

Yes ☐ No ☐

We would welcome your comments

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Thank You for participating

The School Council