



Springwood Junior Academy

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P.R.I.D.E

Positive. Respectful. Independent. Determined. Empathetic

Dear parents/carers,

Thank you for your support with regard our Active Travel Team's letter about healthy snacks. They have worked hard over the past 3 months gathering pupil voice, researching healthy choices and developing a set of rules for healthy food and drinks. This is about us working together to help our children to make healthier choices and we thank you for your understanding and support; we too want your children to grow into young adults understanding how to maintain a healthy and active lifestyle. It has been a delight to see our pupils' array of healthy snack choices today.

I understand that as parents you need to be aware of how this will be managed and developed in school so that you can work together with us. In school, we will be using **positive praise and reinforcement** when pupils make healthy choices for snacks at break time or we see a healthier option in a packed lunch e.g. Well done _____, I can see that you added some fruit to your packed lunch today – great choice!

To clarify – sweets, crisps, chocolate will not be allowed as a break time snack from now on – except on a Friday when we have 'Free Choice Friday'. If a pupil brings sweets, crisps or chocolate for break Monday - Thursday, they will be reminded of the rules and these items will come back home with your child at the end of the day. They will not be thrown away however they will also not be able to eat them at break time. **I would like to reassure you that at no point will a child lose any break time – this is not about consequences; this is about learning to make good choices at an early age.**

In order to support pupils and parents to further develop their range of healthy snack alternatives, the Active Travel team will now be working together to create a poster of ideas for alternative, healthy snacks; please feel free to send ideas to add to this. This will be shared with you as parents once complete.

Packed lunches should be balanced and pupils should be encouraged to try healthy alternatives e.g. carrot sticks, low sugar yoghurts, baked crisps not fried. Any food not eaten by a child will be left in a packed lunch bag so parents are aware of this; please remember that it can take time for a child to develop their taste and learn to like other foods – please persevere with this. An additional staff member has been added in to the dinner hall Monday – Wednesday; they will be looking to give positive praise about trying new healthy foods.

Finally, water and flavoured water should be sent in to school in water bottles to store in the classroom, we understand that this change from 'squash' will take some children time to adapt to and we thank you for your support with this. It is important that pupils remain hydrated throughout the school day to ensure that they can



All adults in school have a responsibility to safeguard and promote the welfare of children.

focus and learn well however we know that 'squash' should only be drunk when eating food and not drunk little and often over a day as this increases the risk of tooth decay. **We ask that you work with us on this change, encouraging your child to bring water or trialing the wide variety of flavoured waters available. This is a gradual change and pupils/families have until the Easter break, Thursday 28th March, to work with their child on this.** After Easter, we will then remove any 'squash' from pupils (which will be sent home at the end of the school day) and replace this with a clean cup of water. Prior to this point, as a school, we will work with our pupils to support this change. Those pupils with an additional need, who may need more support to make this transition, will be supported by the Inclusion team and individual plans implemented where needed.

We once again thank you for your support, we look forward to pupils discovering a wide range of alternative healthy snacks and foods.

Kind regards,

Mrs Malton

Principal

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