

Why are we trying to make our lunches healthier?

Here at Summerhill School we have achieved Healthy School Plus status by concentrating on healthy eating in school.

School Council worked with the Food in School Dietician, and collected views and ideas from all our children about improving healthy eating in school.

The priority is to try and get more Children, Parents/Carers and staff eating even more fruit and vegetables than they already do.

Children have access to drinking water throughout the day and are allocated their own cup to use during their time at school. Children do not need to bring their own drink to school with them.



*“Chicken, carrots and orange”
Reception Art*

What we are hoping to achieve?



Fruit Fact

The School Council

Found out what our children were choosing to eat at lunchtime both in school dinners and packed lunchboxes and the results were really good but here at Summerhill we want it to be even better. We aim to increase the numbers of children having fruit and vegetables by the end of the school year - are you up for the challenge???

Children having school dinners only have chips on a Friday so it was suggested that children bringing packed lunch could try only having crisps on a Friday.

What have we done already?

At school we learn about healthy food in all Year Groups.



In classes the children have learned about food groups.

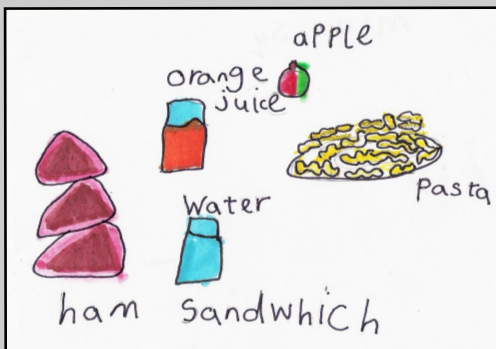


Children from School Council have met with the School Cook, in the past to make sure there are lots of healthy choices for children having school dinners.

How can you help?

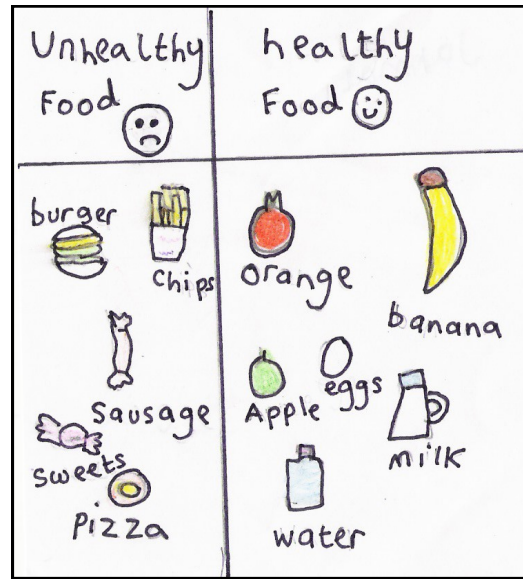
Encourage your child to choose some of these healthy foods for lunch boxes

- Pasta or rice salad
- Wholemeal bread for sandwiches
- Humous with celery or carrot sticks
- Baby sweetcorn, sugar snap peas cucumber slices or cherry tomatoes
- Dried fruits, raisins, dates, apricots



"My healthy packed lunch"

Year 1 Pupil



Sorting Food

"Fruit and vegetables are healthy because they have vitamins."

"You should eat your 5 a day."
Our Pupils thoughts on food.

Feel free to contact the following person for any additional information:

Mr De N'Yeurt

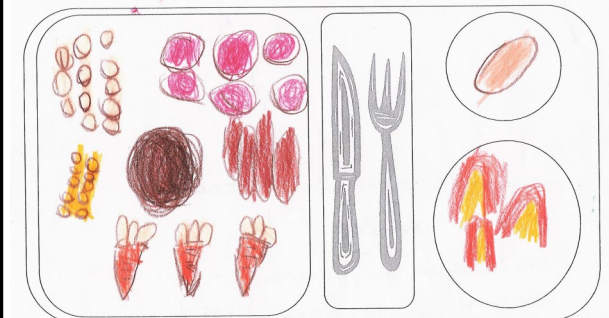
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Summerhill
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School Council



Healthy Lunches



"Carrots and sweetcorn, peas and gravy, sausage and potatoes. Orange

This leaflet aims to share what we have been learning about Healthy Eating in School.