



**Highwood Primary School**  
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**Promoting Resilience, Achieving Potential**  
Headteacher Mrs B Rai

Dear parents and carers,

### Healthy Eating Campaign

Thank you to those of you who took the time to complete our school meal questionnaire. Overall, it was very positive feedback, welcoming the increased number of options now available to our children, bearing in mind the size of the kitchen we have. The government has strict regulations to abide by on the size of portions and with regards to flavouring using herbs and spices rather than salt. Most of our children seem to enjoy the school meals here which is really encouraging. I have attached the results of the questionnaire to this email.

A few parents mentioned it would be nice to have some pictures of the meal options so that children can visualise what they're choosing. HCL have provided a link to some photos of meals on their menu. After the Easter holidays, the menu will change and run until October half term.

[HCL primary menu images link](#)

As you know, we are a Healthy Eating school and we strive to encourage children to learn how to make the right food choices to enable them to lead healthier lives as they approach their teenage years. HCL believes that every child should have access to healthy, nourishing meals that give them the foundations to grow, learn and achieve their potential. You can read more about their ethos here: [HCL Feeding Healthy Minds Leaflet](#)

Encouraging your child to have a school dinner is a great way of increasing their food tastes. They may be reluctant at first, but watching their peers tuck in will help them to increase their palate and be brave enough to try something new. Why not give it a try for a few weeks and see if you notice an improvement in your child's willingness to try new foods...?

We regularly cover the 'Eat them to Defeat them' campaign in assemblies. Do ask your children what they remember learning about in these assemblies. In the upcoming weeks we will introduce a whole school initiative to raise awareness of the campaign.

Disappointingly, we have noticed that many children's lunchboxes do not contain nutritious options. It's okay to have something sweet in there as a little treat or 'pudding', but here are some great ideas for a healthy lunchbox from the NHS and the BBC's Good Food guide.

[NHS Healthier Lunches ideas](#)

[BBC's Good Food Healthy Lunches Guide](#)

Please do not take offence if a member of staff mentions to you that it has been noticed that your child's lunchbox lacks healthy food choices. It comes from a good place of wanting your child to



sustain their best level of concentration for the afternoon session. Following a lunchtime full of sugar, we notice that the children's behaviour deteriorates as the afternoon progresses.

There is some useful advice from the NHS here: [NHS healthier families and food facts around sugar](#)  
We look forward to your support, as always.

Mrs Bindu Rai  
Headteacher