

## Pheasey Park Farm Primary School and Early Years Centre

Address: Wimperis Way, Great Barr, Birmingham, B43 7DH

Telephone: 0121 3666183

School Email: [postbox@pheasey.org.uk](mailto:postbox@pheasey.org.uk)

Early Years Centre Email: [early-years@pheasey.org.uk](mailto:early-years@pheasey.org.uk)

Website: [www.pheaseyparkfarmprimary.co.uk](http://www.pheaseyparkfarmprimary.co.uk) / [www.elstonhallmat.co.uk](http://www.elstonhallmat.co.uk)

Head of School: Mrs S Arnold

Early Years Centre Managers: Miss T Ilsley and Mrs L Smith



**PHEASEY PARK FARM**  
Primary School &  
Early Years Centre

Thursday, 24<sup>th</sup> June 2021

Dear Parents and Carers,

### Healthy Eating in School

Following queries from parents, I thought it would be helpful to confirm the tuck policy we follow in school and the reasons behind this.

As a school we promote healthy eating and included in our school intent is the following statement

"To promote the importance of healthy lifestyle and healthy eating, hygiene and safety"

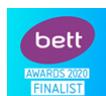
Our school dinner menu has been selected by our Catering manager and external catering consultant and is reviewed each year as well as throughout the year. Our menu meets National nutritional standards. For children who prefer to bring their own packed lunch from home, we request that parents provide a healthy, balanced diet.

Our tuck policy remains unchanged and children are permitted to bring in fruit or vegetable pieces to eat during morning break. No other snacks from home can be eaten at morning break. Alternatively, parents may purchase school tuck via SIMS Pay for children in Year 1 - 6 and the items have been carefully selected by our catering team to ensure they are low sugar etc. In KS1, children are also provided with a piece of fruit to eat as a morning snack. Children in Nursery and Reception are also provided with a carton of milk and a piece of fruit each day for morning snack.

We have received a few queries from parents regarding providing their own fruit juice/ milkshakes however due to different variations available to purchase we are unable to allow this. It would be unfair to allow a child to drink a low sugar milkshake and tell another that they are not allowed to drink the variation they have brought in from home, which may be a high sugar version.

During the pandemic and recent lockdowns, we were able to be more flexible with snacks as we appreciated that our parents were experiencing different circumstances and we wanted to be able to support where we could. However we now need to ensure our focus is again on healthy eating.

Please can we also remind parents that all children should bring a named bottle of water into school each day to drink in the classroom to prevent dehydration.



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Last week our children took part in Healthy Eating Week and the focus was 'Find a Healthier You'. Children learnt about different food groups from the Eatwell Guide, and the importance of a balanced diet and active lifestyle. Children were also encouraged to consider how they could improve or maintain a healthy lifestyle for themselves.

As a school, we would like to work with both the NHS and parents to help raise awareness of the importance of a healthy lifestyle. If you would like to find out more information, please follow [Home | Change4Life \(www.nhs.uk\)](https://www.nhs.uk) which contains a lot of useful information.

We would like to thank parents for their continued support of our school policies.

Yours sincerely,

Mrs S. Arnold  
Head of School

