

Head Teacher: Elizabeth Hopewell

Causeway Green Road, Oldbury,
West Midlands, B68 8LD

Telephone: 0121 569 7040
Medical Office: 0121 274 8215
Multi Agency: 0121 569 7055

E-mail: info@orchard.sandwell.sch.uk

Web: www.orchard.sandwell.sch.uk



Dear Parents and Carers,

Healthy Eating Week – Week Commencing 8th June

We are pleased to let you know that during the week commencing **8th June**, we will be taking part in **Healthy Eating Week** at school.

Throughout the week, the children will be exploring the importance of making healthy choices, learning about different foods, and taking part in a variety of fun and engaging activities linked to healthy lifestyles.

We would like to encourage families, where possible, to support this by providing a **healthy snack** for your child during this week. Examples might include:

- Fresh fruit or vegetables
- Yogurt
- Cheese
- Crackers or rice cakes

We fully understand that every child is different. Some children may not eat snacks at school, some children do not eat orally and others may have a **limited range of foods** that they are comfortable eating. Please do not feel any pressure to make changes if this is the case.

However, for children who are able to try different foods, this week is a great opportunity to gently encourage healthier snack choices, even if it is just a small step. It may be that some children smell, taste, lick or simply look at different foods and for others it may mean they try them.

As always, our priority is that every child feels safe, comfortable, and supported, and we will continue to meet each child's individual needs.

Thank you for your continued support.

Kind regards,

Emma Bowers and Emily Malpass

Independence and PSHE Leads