



Kents Hill School has the national Healthy Schools Award at Bronze level and hoping to gain Silver very soon. This award is designed to help schools create a safe, productive environment and to minimise potential health risks.

As part of this programme, we promote healthy eating and exercise for all of our children.

The school lunchbox is the ideal opportunity to provide children with a healthy, balanced meal giving them plenty of energy for the rest of the day. For many parents though, creating a healthy lunch box that their children will actually eat is a real dilemma.

This fact sheet contains ideas for making a successful healthy lunch. It also includes an introduction to exercise which is an essential part of healthy living, even in the cold months ahead.

If you have any tips that work, for either a healthy lunch box or for exercising on cold, grey afternoons, we would love to hear from you and share them with other parents.

## Lunch box ideas

We are lucky enough to have a wide range of food nowadays. People have come from all over the world to make their home in our country and they have brought some wonderful foods with them.

### Bread

**You think that's boring - so look around the stores and bakeries and you will find some very exciting things out there. Here are some of them: white sliced, fortified white, high fibre, brown, wholemeal, wheatmeal, rye, fruit, pitta, brioche and heaps of others—so there is a big choice for you and a chance to liven up your sandwich straight away.**

### Fillings

**Remember how to avoid soggy sandwiches?**

**Spreading a little butter or margarine on the bread will help keep the sandwich from getting soggy if you have a runny filling to put into it, but most sandwiches do not need a lot of butter or margarine.**

- **Cream cheese, chopped celery and sultanas**
- **Grated carrot and cheese with 'lite' mayonnaise (mayo)**
- **Chopped cooked chicken and mayonnaise, with lettuce**
- **Grated cheese and chopped celery, or carrot**
- **Leftover roast meat with grated carrot, chopped lettuce and chutney or tomato sauce**
- **Lean ham, sliced cheese and a pineapple (make sure you dry it well)**
- **Marmite, cheese and tomato**
- **Take a roll, a sliced boiled egg wrapped in food-wrap, and lettuce to build your sandwich when you are ready to eat it**
- **Put your fillings inside a pitta bread**

## What else?

- Use ricecakes, crispbreads and cracker biscuits with cooked chicken drumsticks, cheese and apple, vegetable slices or leftovers and salads (remember that children need energy, so don't use low energy rice cakes or crispbreads only, because they will not give them enough energy).
- Try to include a piece of fruit and a drink. Water is best. In the summer you can freeze it and put it into your lunchbox to keep your food cool.
- You can make some special lunchbox treats and freeze them for later

Your family will probably have some favourite recipes but here are a couple of healthy lunches, which some children want to share with you:

### A few favourite lunches

- A sandwich of multi-grain bread, with a filling of crunchy lettuce, a slice of cheese and mayonnaise
  - A banana
  - A few banana chips
  - A bottle of apple juice
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- 2 slices of high-fibre bread
  - A slice of cheese, 2 sardines, mayonnaise, a slice of tomato, lettuce and cucumber
  - A green apple
  - Orange juice
- 
- 4 wholemeal biscuits
  - Slice of cheese
  - Slice of ham
  - A small bowl of salad
  - An orange
  - Water

## Who Needs Exercise?

As well as a balanced diet it is important to exercise to help the body stay healthy and fit.

## Exercise Makes Us Stronger and Fitter

It helps the body by:

- Strengthening the heart
- Expanding the lungs
- Preventing getting over-weight
- Boosting energy, making us feel less tired
- Making us feel better and happier
- Improving fitness and making us perform better
- Helping waste products leave the body quicker
- Helping us sleep better

There are many ways of motivating children to be physically active and make those activities fun. If you child participates in and enjoys sports then you're halfway there, but not all children are enthusiastic about organised or conventional sporting activities.

Take your child to the park and kick a ball around, throw a Frisbee, fly a kite or have a race. You could even take a trip down memory lane and have a game of hopscotch or jump rope. If that's not your thing, why not take the whole family on a day hike, or even just have a game of hide-and-seek in the garden?

If the weather makes outdoor activities tricky, you could have a mini disco in the living room, grab a hula hoop, play balloon volleyball, or have a game of Twister.

These websites may be of interest:

[www.welltown.gov.uk](http://www.welltown.gov.uk)

[www.galaxy-h.gov.uk](http://www.galaxy-h.gov.uk)

[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

## SCHOOL EVENTS ....

We give stickers to children who have fruit in their lunchboxes on

## FRUITY FRIDAYS....

although we like them to have fruit every day!

## WALK ON WEDNESDAY

## W O W!

Again we try to praise children for walking to school (or cycling) on Wednesdays although it is even better if they do it every day.

We ask that children do **NOT** have the following items in their lunchbox

- Fizzy drinks
- Blackcurrant juice
- Sweets
- Peanut butter or nuts
- Yoghurt in tubes



## Healthy lunch boxes at school

