



Joy Lane Primary School

A Love of Learning, for Life, for All

Oyster Bay Nursery & Oysters SRP (ASD)

Executive Headteacher: Ms DJ Hines

Head of School: Mr M Ashley-Jones



Healthy School

September 2017

Dear Parents and Carers

As part of the national curriculum, the children at Joy Lane are taught about what constitutes a 'healthy lifestyle' and how a balanced, nutritious meal is an important part of staying healthy.

It is my intention during the next few weeks to lead a 'healthy lifestyle' assembly for all our children and to remind them how there are so many ways to achieve this as they go through primary school.

As you are aware, children in Reception and Key Stage 1 receive a free piece of fruit or vegetable every day as part of the Government's School Fruit and Vegetable Scheme, as well as a Free School lunch. In Key Stage 2, we would like the children to continue to make healthy choices, especially at break time, where they have more freedom in what snack they can bring in to school.

We hope that Parents and Carers will therefore work alongside the School in its promotion of healthy eating from the time they start Nursery or Reception at Joy Lane. To reinforce this, we ask that children do not bring chocolate bars, sweets or crisps to school as a break time snack and that you encourage fruit, vegetables, dried fruits and cereal bars as alternatives.

The children are also encouraged to drink water regularly so that they do not become dehydrated. We have provided our children with a brand new named water bottle, which we ask to be taken home each afternoon to clean in preparation for the next day. If the water bottle is lost or misplaced, then a replacement can be purchased from the School office.

As a School, we aim to use every opportunity, whether it be Parent Partnership Meetings, workshops, assemblies, Sports Weeks, etc. to promote healthy eating and a healthy lifestyle for all our children.

We look forward to working together with all our Parents and Carers to ensure the best possible outcomes for the children.

Yours sincerely

M Ashley-Jones

Mr M Ashley-Jones
Head of School

LTP/HealthySchools/Sept2017



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