

September 2020

Dear Principal,

### **Healthy eating resources to support parents**

The new school term undoubtedly looks very different but I hope that everyone settles into the new normal very quickly. As we have seen over the past few months the need to look after our health and wellbeing has never been so important. One step towards a healthier lifestyle is healthy eating and I'm sure you will join me in helping to support parents provide a healthy nutritious lunch when packed lunches are provided from home.

The 'Are you Packing a Healthy Lunch?', 'Healthy Breaks for Schools' and 'Healthy Choices' resources will not be issued to schools in hard copy this year.

However, in order to advocate a whole school approach to healthy eating, as per the [Food in Schools Policy](#), you may still wish to send the PDF version of these resources, or web-links, to parents through your usual communication channels.



### **Are you packing a healthy lunch? (English and Irish translation)**

<https://www.publichealth.hscni.net/publications/are-you-packing-healthy-lunch-english-and-irish-translation>

### **Healthy breaks for schools (English and Irish translation)**

<https://www.publichealth.hscni.net/publications/healthy-breaks-schools-leaflet-english-and-irish-translation>

### **Healthy Choices – Choose wisely: advice for parents on nutrition and activity for primary school children**

<https://www.publichealth.hscni.net/publications/healthy-choices-choose-wisely-advice-parents>

As ever, we also want to encourage all eligible families to avail of free schools meals and appreciate your ongoing support with highlighting this service to parents. Also, as the school catering service changes we would encourage all schools to return to a hot meal service as soon as is practically possible.

Finally, the Public Health Agency, in partnership with Health & Social Care Trust dietetic teams, are running webinars on healthy lunchbox and snack ideas, which parents may find useful. The next dates are Friday 11<sup>th</sup> September at 12noon and Thursday 17<sup>th</sup> September at 6pm. For further details and joining instructions please check the PHA social media channels.

If you have any queries in regards to the above or for other school food nutrition matters, please email [Judith.Harvey@eani.org.uk](mailto:Judith.Harvey@eani.org.uk).

Yours sincerely

A handwritten signature in black ink that reads "J. Harvey". The signature is written in a cursive style with a large initial 'J' and a heart-shaped flourish at the end.

**Judith Harvey**

**Regional Food in Schools Coordinator**