Dear Parents/Carers,

As you might know the children have been working to earn extra stickers and have one of their '5 a day' fruit/veg each playtime. This was suggested as a trial after much discussion by our pupil Health Committee last session and growing concerns by staff on the impact of high sugar/salty snacks on pupil concentration.

There are 2 key policy drivers in this area which we consider in our planning - The Schools (Health Promotion and Nutrition Scotland) Act 2007 and Better Eating, Better Learning.

- The Schools (Health Promotion and Nutrition Scotland) Act 2007, is a governed set of regulations and guidance which are based on science and evidence, set with the overall aim of improving the diet of children and young people. Under the Act food and drinks consumed in schools must meet certain nutritional standards. By following and promoting the Act and focusing on foods brought in for snack, schools reduce the amount of high fat, high sugar and salty foods consumed on school premises and encourages increased consumption of fruit required for a healthy balanced diet.
- The food and drink children have in school can have a big influence in habit setting which is why fruit and vegetables form part of the current school food and drink regulations. Encouraging fruit for snack helps to make it easier for children and young people to access more fruit and vegetables as part of their school day. Most children and young people are consuming far fewer portions of fruit than is recommended.
- The snacks being brought in by children were often not in line with the Act and did not reflect the nutrition and dietary messages children learn about through the curriculum. The school is aiming to promote a fruit only approach to snack as part of a consistent whole school approach to ensuring that food consumed in school is an exemplar for healthy eating, supporting learning as an integral part of the curriculum.
- There is increasing concern about the quantity and quality of the snacks being brought into school as they tend to be high in fat, sugar and salt. Promoting child healthy weight is a priority in Dundee. Children above a healthy weight are at risk of problems which may affect their health and wellbeing now and in the future and can affect their learning and ability to do well at school.
- Limiting high fat and sugary foods and promoting fruit as a healthy choice is a good way to help children get the nutrients and fibre they need to grow and keep healthy. It can also help with good mood, behaviour and learning.
- Ensuring all children eat well in school settings is a priority supported by relevant national and local policy.
- The school has been testing a new approach of encouraging pupils to eat fruit at break times and will be working with pupils and parents to develop a shared understanding of what we are trying to achieve through healthy food choices, and how we can work together to improve the health and wellbeing of our children and young people.
- The updated Act (from 2020) will have stricter regulations for all schools focusing on reducing the amount of sugar provided by food and drink at morning break. This is designed to reduce sugar provision over the school day and encourage greater consumption of fruit.
- There is evidence to suggest that providing free fruit can positively impact future eating behaviours.

We are also delighted that the seagulls are now keeping away as a result!

Many thanks for your continued support!

ROSEBANK PRIMARY