



Birches Primary School

Healthy Food in School

Dear Parents,

The PHA have sent me information regarding breaks and packed lunches which I would like to share with you. They are also working in partnership with Health & Social Care Trust dietetic teams, who are running webinars on healthy lunchbox and snack ideas, which you may find useful.

The next dates are Friday 11th September at 12noon and Thursday 17th September at 6pm. For further details and joining instructions please check the PHA social media channels.

Healthy eating resources to support parents – information from the PHA

These are links to booklets:

Are you packing a healthy lunch?

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

Healthy breaks for schools

<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>

Healthy Breaks – P3 – P7

We are encouraging children to bring healthy food with them to eat at break times. They are able to bring a wide selection of food to school including a pancake, sandwich, fruit, yoghurt, cheese and vegetables. Please ensure that all packaging can be easily opened by your child.

Free School Meals

ARE YOU ENTITLED TO FREE SCHOOL MEALS?

Parents/Guardians can apply if your son or daughter is in full-time education and if you are in receipt of one of the following benefits:-

Income Support; Income Based Jobseeker's Allowance; Income Related Employment and Support Allowance; Guarantee Element of State Pension Credit; Child Tax Credit or Working Tax Credit with an annual taxable income of £16,190 or less; Universal credit and have net household earnings not exceeding £14,000 per year.

<https://www.eani.org.uk/financial-help/free-school-meals-uniform-grants>