

Healthy Ambassadors

The importance of healthy snacks…

The **BIG** Problem at Chetwynd…

- Miss Lawes has noticed that around our school, there is lots of litter being left after children are eating their snacks at playtime. The litter is both in the school building and outside on the school grounds.

- Lots of staff members have noticed that children are eating unhealthy snacks like crisps, chocolates, cakes instead of a healthy snacks.

Why is it important to eat healthy snacks at playtime?

- Boosted energy levels- especially if you come into school feeling tired.
- Improved concentration- helps you feel ready to learn.
- Improved mood
- Supports your immune system- it is very easy to catch a cold in schools!









Litter

- Around our school, we have noticed that there is an increase in litter both inside and out! Most litter comes from unhealthy snacks such as biscuits, chocolate bars and crisps.
- If we make healthier snack choices, such as fruit, we are less likely to have any litter to drop on the floor.
- We must remember that littering can be harmful to the environment, let's show that we **care for all** and make better choices.

Litter

- Of course, not every healthy snack is packet free! You are responsible for your own food packaging- not your friends, teachers or other members of staff. Please make sure that you are putting packaging in the bin, this will help us to keep a clean and welcoming school environment!



Hydration & Sleep

- Drink enough water (2-3 litres per day).
- Staying hydrate is good for your mental health.
- It won’t give you headaches.

- Children need 8-10 hours of sleep.

Healthy vs Unhealthy snacks

- Our healthy ambassadors team have been working hard to decide which snack are and are not acceptable to bring into school for play time.

Healthy	Unhealthy
• Yoghurts • Salad • Vegetables • Fruit • Cereal bars (but check sugar and chocolate intake) • Fruit Winders • Yo-yo bears • Nature Valley and Belvita bars	• Crisps • Small packs of biscuits (jammie dodgers / flapjacks) • Chocolate Rice Krispie bars • Small bars of chocolate • Small cakes • Small pain au chocolate (high sugar and butter)