

A Message About Healthy Eating at School

On Track Education Westbury

We wanted to share something important that we're working on at school — creating a whole-school culture where healthy eating is normal, supported, and celebrated. We're doing this because we believe it makes a real difference to how our young people feel, concentrate, behave, and learn.

Why We're Doing This

Good nutrition isn't just about health — it's about helping our students feel their best. When young people eat well, they:

- Concentrate better in lessons
- Have more energy throughout the day
- Feel calmer and more in control of their emotions
- Build confidence and positive habits that last a lifetime

For young people with social, emotional, and mental health needs — like our students — consistency and routine around food can be really stabilising. When they see the same messages from school, home, and everyone around them, it helps them trust it and build new habits.

What We're Doing at School

We've created a Healthy Eating Vision that shapes everything we do around food:

- All our school lunches meet the School Food Standards — balanced, nutritious meals
- Healthy snacks at break time (fruit, yoghurt, crackers)
- Teaching about healthy eating across all subjects, not just cooking
- All staff consistently supporting healthy choices, without judgment
- A calm, positive environment where students feel supported during mealtimes
- Water available to all students throughout the day

We also have clear guidelines: no fizzy drinks, energy drinks, chocolate, or crisps at school. Instead, we focus on choices that help our students thrive.

How You Can Support This at Home

You don't need to do anything dramatic or expensive. Small, consistent messages help enormously. Here are some ideas:

- Talk positively about food at home — "that gives us energy", "that's good for our brains"
- Let your young person see you eating and enjoying fruits, vegetables, and water
- When they ask for sugary snacks, you can say the same thing we say at school: "that doesn't fit with how we're looking after our health, but here's what you can have"



- Pack healthy packed lunches if they ever have them (we provide all food at school, but this helps if they're on trips)
- Involve them in meal planning or preparation at home — even simple things build confidence
- Encourage drinking water — it's free and the best choice

Healthy Eating Doesn't Have to Be Expensive

We know many families are on tight budgets. Healthy eating doesn't require expensive superfoods or special products. In fact, some of the most nutritious foods are the cheapest: bananas, apples, eggs, beans, lentils, potatoes, carrots, rice, oats. We've included some budget-friendly tips below that might help.

Questions?

If you'd like to know more about our Healthy Eating Vision, how we support your young person, or how you can help at home, please get in touch. We're here to work together.

Thank you for supporting us in this. Together, we're helping our young people build habits that will serve them well for life.

On Track Education Westbury: Empowering every student to become the best version of themselves.