



Chesterton Primary School

Wellbeing Newsletter

Healthy Eating and Sleep

JUNE 2026 EDITION #02

Dear Parents and Carers,

At Chesterton, we recognise that children learn, grow and thrive when their physical and emotional wellbeing is supported. Two of the most important foundations for good health are a balanced diet and sufficient sleep. We know, from conversations with parents, that these areas are ones that come up as regular challenges for families.

Together, sleep and diet play a vital role in helping children develop, concentrate, manage their emotions and enjoy positive experiences both in and out of school.

Healthy eating provides children with the energy and nutrients they need for growth, learning and everyday activities. A balanced diet can support strong bones and muscles, a healthy immune system and sustained concentration throughout the school day. Likewise, good sleep is essential for children's development and wellbeing. Regular, quality sleep helps to improve memory, attention, mood and resilience, enabling children to engage fully with learning and social interactions

In this newsletter, we will be sharing practical information, helpful tips and trusted resources to support families in promoting healthy eating habits and positive sleep routines at home. Small, consistent changes can make a significant difference to children's overall health and wellbeing.

As before, this content and the included links have been drawn from a range of reputable sources, but the decision on what applies to your family and how to implement any advice is obviously down to you.

We hope you find the information useful.

[British Nutrition Foundation](#)

[Guardian Article on Children's Health](#)

This year, Healthy Eating Week will take place from the 10th to 14th of June. The BNF organise and run this important event to raise awareness about the importance of healthy eating all over the UK.

What is Healthy Eating Week?

Healthy Eating Week is an annual event created by the [British Nutrition Foundation \(BNF\)](#). It's all about celebrating healthy living and encouraging people to make positive changes to their lifestyles and promoting [healthy eating, drinking and physical activity](#).

Each year, the BNF release a new set of health aims, and the message for this year is 'Find Your Healthier You'. What's more, each day of the week will have a different theme:

- Monday: Know the facts, information, health advice and myth-busting.
- Tuesday: Make healthier choices.
- Wednesday: Plan for success by planning meals.
- Thursday: Stay hydrated - fill up from the tap.
- Friday: Keep moving.



By trying these things and finding what we enjoy, we can make slight adjustments that work towards a significant health impact!



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Useful Healthy Eating Links

Reducing sugar - Food facts - NHS

Find simple tips and advice to help reduce the amount of sugar your family consumes while still enjoying a balanced and varied diet.

Ultra-processed food (UPFs): A guide for parents

- An accessible guide explaining what ultra-processed foods are and how families can make informed choices about the foods they eat, with useful advice that applies beyond the early years.

Healthier Families - NHS - A comprehensive resource packed with healthy recipes, activity ideas, nutrition advice and practical tips to support your family's wellbeing.

Beezee Families - Free Healthy Lifestyle Services | Oxfordshire

A free programme offering families support and guidance to build healthy habits around food, physical activity and wellbeing.

Healthy Sleep Links and Tips

Quality sleep is essential for children's growth and development. A decent night's sleep will help them to do better at school, allow them to react more quickly to situations, have a more developed memory, learn more effectively and solve problems, plus it will make them less susceptible to colds and other minor ailments, less irritable and better behaved!

Sleep deprivation causes increased hyperactivity and other behavioural problems, as well as damaging physical and mental development. Poor sleep habits from an early age can lead to long-term sleep problems.

Please explore more at The Sleep Charity website (<https://thesleepcharity.org.uk/>), which has lots of useful tips, whichever area of sleep you are interested in. I have included a couple of key extracts below.

Bedtime Routine - Here are some helpful tips from The Sleep Charity

- Do the same thing at the same time each day, including having a set wake up time each morning. We know this is difficult at the weekend, but it is important to have these set times to support your child's body clock.
- Turn off all screens at the start of the routine. They may suppress the body's production of melatonin, the sleep hormone, and make it more difficult to nod off.
- Consider whether having a light supper time snack in the routine would be helpful - we have an advice sheet all about sleepy food.
- Dim the lights in the hour before bedtime to encourage the production of melatonin, this will help to promote that sleepy feeling.
- Younger children may enjoy a bedtime box, filled with a selection of activities to carry out during the routine. Hand eye co-ordination activities such as jigsaws, colouring and threading are great for promoting relaxation. Older children may prefer to read, play a board game or take part in a craft activity.
- A bath 30 minutes before bed can help to promote sleep, the decrease in body temperature after a bath can help us to nod off more easily.
- Once in bed sharing a story is a great way to end the day or older children may prefer to read independently.



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Resilience, Independence & Challenge

MAY 2026 EDITION #01

Healthy Lunchbox Competition


Can You Create a Healthy Lunchbox?

We are inviting all pupils to take part in our Healthy Lunchbox Competition!


To support our focus on healthy eating and wellbeing, we would like children to design and prepare a healthy lunchbox at home and bring it to school on Monday 15th June. The School Council will judge the entries and select winners from each class. If you are having a hot dinner on that day, don't worry as you can still enter the competition by designing your own healthy lunchbox (see separate sheet).

The School Council will be looking for lunchboxes that include a variety of healthy foods and show a good balance of different food groups.

Try to include:

 Fruit and vegetables

Apple slices, grapes, berries, satsuma, melon, cucumber sticks, carrot sticks, cherry tomatoes or pepper strips.


 A healthy main item

Wholemeal sandwich, wrap, pitta bread or pasta salad.

Fillings such as chicken, tuna, egg, hummus or cheese.

 A dairy or dairy alternative food


Yoghurt (low in sugar), cheese cubes or a suitable dairy-free alternative.

 A healthy drink

Water is the best choice.


Things to Limit


Try not to include too many foods that are high in sugar, salt or saturated fat, such as:

 Sweets

 Chocolate bars

 Sugary treats

 Fizzy drinks or energy drinks

 Crisps and other highly processed snack foods

Extra Points For...

★ Including a rainbow of different coloured fruit and vegetables


★ Choosing wholegrain foods where possible


★ Trying a new healthy food

★ Using reusable containers to help reduce waste

 Bring your healthy lunchbox to school: Monday 15th June

 Judging: School Council representatives

 Prizes: House points and healthy-themed prizes for the winning entries

Good luck! We can't wait to see your creative, colourful and nutritious lunchboxes.    

Please remember: If your child has any food allergies or dietary requirements, ensure that all foods included are safe and suitable for them. Our school remains a nut-free environment.

Fibre

Boosting children's health



Dietary fibre, commonly called 'roughage,' is essential for a healthy digestive system. However, many people, including children, don't eat the recommended amount daily.

Fibre is crucial for overall health at every age. It not only supports regular bowel movements reducing the risk of constipation, but also significantly lowers the risks of major health conditions such as heart disease, stroke, type 2 diabetes, and bowel cancer, as shown by compelling scientific evidence.

How much fibre should I be eating?

The latest figures suggest that in the UK, adult and children are not eating enough fibre. Guidelines recommend that adults get around 30g of dietary fibre each day. Children do not need as much as adults:

Age (years)	Amount of Fibre per day
2 - 5	15g
5 - 11	20g
11 - 16	25g

(Source: British Dietetic Association (BDA)¹)

Fibre is the part of plants that our bodies cannot digest or absorb easily. It adds necessary bulk to our diet, preventing constipation and aiding smoother digestion. Furthermore, fibre has been proven to ease lactose intolerance symptoms.

In the large intestine, fibre acts as nourishment for beneficial gut bacteria. This process strengthens gut health, enhances the immune system, and contributes to overall well-being.

Including a variety of fibre-rich foods in your diet can:

- ✓ **Boost the diversity of your gut microbiota**
- ✓ **Alleviate constipation and lactose intolerance**
- ✓ **Strengthen your immune system**
- ✓ **Reduce inflammation in the gut**



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How can I improve my fibre intake?

There are lots of ways you can increase your fibre intake without having to make drastic changes to your normal diet:

Add



- fruit, nuts and seeds to breakfast cereal
- linseeds into yogurt
- extra vegetables and pulses, such as lentils, into sauces for bolognese, curry and chilli
- chunky peanut butter to some apple slices or celery sticks

Swap



- white flour for wholegrain wheat flour when baking (or transition slowly, by doing $\frac{1}{2}$ and $\frac{1}{2}$)
- white bread, pasta and rice for wholemeal options (again, mixing $\frac{1}{2}$ and $\frac{1}{2}$ can be a useful interim step)
- white crackers for carrot or celery sticks to have with hummus

Try to



- Add a handful of vegetables to omelettes, stews, noodle dishes and soups where possible – keeping mixed frozen vegetables makes this easier.
- Leave the skin on fruit and vegetables where possible (even kiwi skin!)
- Have a MINIMUM of 5 fruits and vegetables a day
- Drink plenty of fluid as you increase your fibre intake

When shopping you can look for the following nutritional labels

- **High Fibre**
– this is any product that has 6g of fibre per 100g
- **Source of Fibre** – this is any product that has 3g+ of fibre per 100g



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Useful sources of Fibre at breakfast

Here are options to boost your fibre intake at breakfast:

		Portion size	Approx. Fibre per portion
Porridge Oats		50g	4g
Kingsmill Medium Sliced 50/50		1 slice	1.9g
Sainsbury's Medium Sliced Wholemeal Bread		1 slice	2.6g
New York Bakery Co Wholemeal Bagels		1 bagel	6.5g
Sainsbury's Wholemeal Muffins x6		1 muffin	3.6g
Weetabix Cereal		2 biscuits	3.8g
Shreddies The Original		40g serving	4.8g
Banana		100g (approx 1 medium banana)	1.4g
Frozen Raspberries		50g	3.4g
Apple		150g (approx 1 medium apple)	2.0g



Be aware!

Although there are restrictions for using some health claims on food labels e.g. for 'high fibre' and 'source of fibre', other terms can be used by food companies to suggest health benefits that may not be beneficial.

Examples of this include:



- **'Multigrain' or 'Wholegrain'** - common for cereals, but these are often highly processed, and do not contain the wholegrain.



- **'Fortified'** this is commonly used on cereal packaging, but typically the vitamins and minerals are added to foods through processing, rather than being naturally available in the food, are not in a form that the body can easily use.

But it's not just about fibre!

We must also consider fibre alongside other nutrients – for example, there lots of cereals that are high in fibre, but that are also higher² in sugar.

For example, Nestle Curiously Cinnamon Cereal is a source of fibre (it provides 5g of fibre per 100g), but a 30g serving (1.5g Fibre) provides 7.5g of sugar which is approximately 40% of the recommended daily allowance for children aged between 4 – 6 years old.

The recommendations for sugar, is that free sugars³ should not make up more than 5% of the energy you get from food and drink each day. This means:

Adults	No more than 30g of free sugars a day
7 – 10 years	No more than 24g of free sugars a day
4 – 6 years	No more than 19g of free sugars a day
2 – 3 years	No more than 14g of free sugars a day
1 year olds	No more than 10g of free sugars a day

2. A product is classed as **high** if it has more than 22.5g of total sugars per 100g, and **Low** if it has 5g of total sugars or less per 100g

3. Free sugars are those added to food or drinks, and those found naturally in honey, syrups and unsweetened fruit and vegetables juices, smoothies and purees



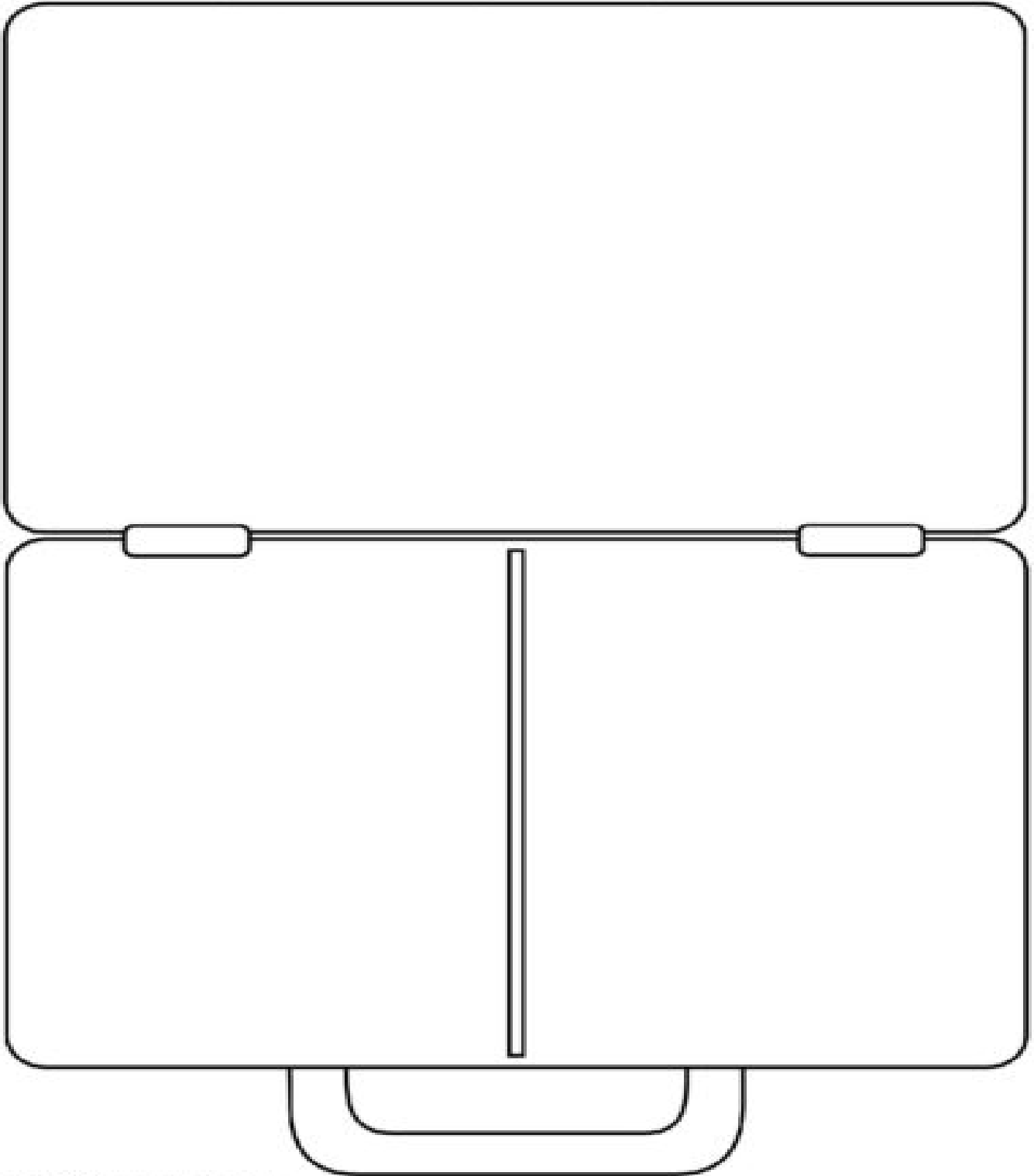
HEALTHY LUNCHBOX COMPETITION

Name: Class: House:

I have designed a healthy packed lunch. Draw and label your design below

I have brought my healthy packed lunch to school for judging. (Please name and bring to the school hall in the morning of Monday 15th June). There is no need to draw it below.

You can enter both categories if you would like to.



Don't forget to label all your items and what containers/packaging you are using (if any).