



Broom Barns School

Mental Health and Wellbeing Newsletter – Summer 2 2026

Welcome to this half-term's Mental Health newsletter. This half-term we are shining a spotlight on healthy eating and why it matters for our children. The food children eat has a huge effect on how they feel, learn, and grow — both in school and at home. We hope you find this information helpful for you and your family.

Mrs Phillips and the Mental Health Team



"Nutrition in early childhood is one of the strongest predictors of academic performance, emotional resilience, and long-term health."

The Mental Health and Wellbeing Team



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HEALTHY EATING GUIDELINES IN 2026

A **balanced diet** for children contributes to **improved attention spans, strong immune systems and even mood** throughout the day. According to the NHS, children who maintain a healthy weight tend to be fitter, healthier, better able to learn, and more confident.

As we all know, this is all very well, but getting our youngsters to eat their greens is getting harder and harder with the wide range of pasta, bread, and potato-based snacks around! Weaving rainbow vegetables into a child's diet from a young age is a tough task, but with a little planning (and perhaps some mild trickery....) it can be done.

What does a healthy meal look like for a child in 2026? The NHS Eatwell Guide is still going strong and promotes a diet that includes 5 portions of fruit or veg per day, with around $\frac{1}{3}$ of our meals containing starchy foods to provide energy. This would be supplemented by fish, dairy and fats in lower quantities to provide protein, energy and minerals.

When it comes to choices, the following can help put this into context:

- Carbohydrates for **energy**
- Protein for **growth and development**
- Fats for **balance** (such as oily fish, seeds, and olives)
- Iron for **healthy blood**
- Vitamin A for **healthy skin and eyes**
- Calcium for **strong bones and teeth**

CHILDREN'S NUTRITION FACTS



Our bodies need plenty of plain water as part of a healthy diet to help us get the nutrients we need from our food.

Excessive sugar consumption can actually SHRINK your brain !! Children aged 7-10 should have no more than 7g sugar per day (that's just half a can of standard cola) Children tend to eat twice as much sugar as the Government Recommendation



Studies show that lack of sleep in children is linked to **weight gain**

Vitamin A helps your immune system to protect you from viruses and illness – this can be found in carrots, pumpkin, leafy greens, and eggs.



HEALTHY LUNCH BOX SWAPS

replace this



with this





CARROTS!

1. Carrots come in many colours!

- Not just orange — carrots can also be **purple, red, yellow, and white**. A rainbow of veggies!

2. Rabbits love carrots (but only a little!)

- Rabbits do eat carrots, but they should only have them as a **treat** because carrots are quite sweet.

3. Carrots help your eyes!

- Carrots have **vitamin A**, which is good for your **eyesight**

4. Carrots weren't always orange!

- Long ago, carrots were mostly **purple and white**. The orange ones were made popular in the Netherlands.

5. World record carrot!

- The **longest carrot ever** was over **6 metres long** — that's taller than a giraffe

6. Carrots grow underground!

- The part we eat is the **root**, which grows **under the soil**. The green tops grow above ground. The **longer a carrot grows**, the sweeter it becomes.



Struggling to get your kids to eat five-a-day?

The Three Rs!

- **Role Modelling** - Kids watch more than they listen. One of the most powerful tools for getting your kids to try something new or previously refused veg is by watching what you are doing.
- **Rewarding** - Rewards work! The key is to keep it simple and not food-based. Try giving a sticker, or playing a game together, or try one of our [free digital reward charts](#) if your child wants to give one a go.
- **Re-Offering** - Studies have shown that kids may need to try a vegetable as much as 10, or even 20 times, before deciding whether or not they like it. So whatever your child's reaction to a particular veg today, don't make a big deal of it. Just move on, and think about when is the next time you could offer your child that veg.



[Click on the link/photo below for more information](#)

