

Supporting healthier choices at school events

Our parent groups do an amazing job!

From bake sales to school fairs, your time, creativity and effort help raise vital funds and bring our school community together.

But there's something worth thinking about...



What we're seeing



Many school fundraising events are filled with:

- **Sweets and chocolate**
- **Cakes and biscuits**
- **Sugary drinks and fizzy pop**

These are fun treats—but when they appear often, they can become part of everyday habits for our children.

Why this matters



1. Children's health

- Nearly 1 in 3 children leave primary school overweight or obese
- Diets high in sugar and processed foods increase long-term health risks

2. Teeth and sugar

- Tooth decay is the leading cause of hospital admission in young children
- Frequent sugary snacks and drinks increase risk—even in small amounts

3. Habits for life

- Children's food preferences and habits are shaped early
- What's "normal" at school events becomes part of their expectations



A gentle shift, not a strict rule



This isn't about banning treats or judging choices.

It's about asking:

👉 Can we create events where healthy choices feel normal too?



Ideas for healthier fundraising

Swap or add options like:

- Fruit pots, fruit kebabs, or smoothies
- Popcorn (low salt/sugar)
- Yoghurts or dairy alternatives
- Homemade savoury options (wraps, pasta pots, sandwiches)
- Water, milk, or no-added-sugar drinks

Non-food fundraising ideas

- Raffle prizes or experience-based prizes
- Book or toy sales
- Pre-loved uniform sales
- Sponsored events (walks, dances, sports challenges)
- Craft stalls or activity stations

Our shared responsibility



Let's work together

As a school community, we all play a part in shaping the environment our children grow up in.

By making small changes, we can:

- ✓ Support healthier choices
- ✓ Protect children's teeth and wellbeing
- ✓ Keep fundraising fun and successful

Could your next event include a few healthier options?

Even small steps can make a big difference.

Creating healthier environments today, for healthier futures tomorrow.