

Northlands Primary School

#9 Berkeley Road, Pembroke, HM 13, Bermuda

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Dear Parents and Guardians,

Subject: Healthy and Trash-Free School Initiative

We are excited to announce the launch of our *Healthy and Trash-Free School Initiative*, an important step towards promoting wellness, sustainability, and environmental responsibility in our school community. This initiative is in partnership with the Bermuda Health and Safety School Lunch Program, led by Health and Safety Officer, Marie Beach, whose work continues to inspire healthier and more sustainable practices across our island.

Why This Initiative Matters Our goal is to create a learning environment that supports the health of our students while fostering a culture of environmental stewardship. By reducing waste and prioritizing nutritious meals, we aim to:

- Encourage healthy eating habits that support academic success and physical well-being.
- Minimize waste through the use of reusable containers and eco-friendly packaging.
- Instill values of sustainability and environmental care in our students.

What This Means for You To ensure the success of this initiative, we kindly ask for your support in the following ways:

1. Healthy Lunches and Snacks:

- Pack balanced meals with whole grains, fruits, vegetables, and lean proteins.
- Limit processed snacks and sugary beverages.

2. Trash-Free Packaging:

- Use reusable containers, water bottles, and utensils instead of single-use items.
- Avoid plastic wrap, foil, and other disposable packaging.

3. Educational Engagement:

- Discuss with your children the importance of healthy eating and reducing waste.
- Encourage them to bring home any uneaten food and packaging for proper disposal or recycling.

Support from the School To assist families in this transition, we will:

- Provide workshops on packing healthy, waste-free lunches.
- Offer resources and tips for sustainable practices at home and school.
- Partner with local organizations to promote sustainability and health awareness.

Celebrating Success As part of the initiative, we will:

- Recognize classrooms that consistently achieve trash-free lunch days, with a free grub day for the class (Upper and Lower School) with the highest total.
- Share updates on our progress in reducing waste and improving nutrition across the school.

We believe that by working together, we can create a healthier, cleaner, and more sustainable future for our students and our community. Your participation and enthusiasm are vital to the success of this initiative.

Thank you for your continued support in making our school a leader in health and sustainability. Should you have any questions or suggestions, please do not hesitate to contact us.

Warm regards,



Tamicia Darrell, B.Sc., M.Sc.

A/ Principal

'Learning and Growing, Together.'

TODAY WE FOLLOW ~ TOMORROW WE LEAD