

WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding officers straight away.

If a child is in immediate danger, call the Police on 999

Meet the Designated Safeguarding Team:

The Safeguarding Team oversee and co-ordinate all aspects of the school's work to ensure that children are kept safe. They regularly attend training to ensure their skills and knowledge are up-to-date

If you need to contact a member of the team, please use the e mail addresses below:

Miss Fullagar—deputy@brunswick-house.kent.sch.uk

Mrs Skinner—headteacher@brunswick-house.kent.sch.uk

Mrs Pickard—inclusion@brunswick-house.kent.sch.uk

Mrs Martin/Miss Marques –flo@brunswick-house.kent.sch.uk

Miss Zigler—fsleader@brunswick-house.kent.sch.uk

Mr Fenniche—uks2leader@brunswick-house.kent.sch.uk

Mrs Harris— asc.club@brunswick-house.kent.sch.uk

Designated Safeguarding Leads



Mrs Skinner



Mr Fenniche



Miss Fullagar



Mrs Pickard



Mrs Martin



Miss Marques



Mrs Harris



Miss Zigler

HEALTHY EATING

We value all members of our school community and seek to promote the health and wellbeing of everyone.

We recognise that food and nutrition form an important aspect of our health and wellbeing. It also contributes to our pupils being able to learn effectively.

A HEALTHY DIET

We all need to eat a balanced, healthy diet to keep us fuelled up with the energy we need for daily life and the nutrients to help us fight infection and protect against health problems. What is a healthy diet?

The 'Eatwell' plate works for everyone over the age of five. We should be aiming for:

- plenty of fruit and vegetables. At least 5 portions a day.
- plenty of potatoes, bread, rice, pasta and other starchy foods. If possible, try to go for wholegrain options (such as wholemeal bread and brown rice). 3 or 4 portions a day
- some milk and dairy products. 2 or 3 portions a day
- some meat, fish, eggs, beans and other non-dairy sources of protein. 2 portions a day
- a **small amount** of foods and drinks that are high in fat or sugar