

MRS DAVIDSON'S CORNER



WHO AM I?

I am the Family Support Worker and part of the Safeguarding Team here at Loddlands. My role is to support children and families in school and beyond to help bridge the gap between home and school life.

I can signpost you to various support services, from foodbanks, parenting support, financial and housing and lots more. Please drop into the office for a chat or call and book an appointment with me.

Coffee & Chat

DATE

THURSDAY 20TH NOVEMBER 2025

TIME

2PM TIL 3.15AM

VENUE

Studio via the community entrance

Informal coffee and chat, pre school children welcome too!

SPOTLIGHT

Healthy lunchboxes and sugar

We all know the risk of too much sugar on our teeth and increasing the risk of childhood obesity and weight gain but did you know?

- * Giving children high sugary snacks at mid day can negatively impact their brain development, learning and ability to focus for the rest of the afternoon.
- * Many common lunchbox items including juices, snacks and some "sweet treats" are high in free sugars.
- * This makes it confusing for parents to make healthy choices for children's lunches.
- What can you do?
 - * Choose whole foods-opt for fresh fruits, and vegetables instead of sugary and processed foods.
 - * Limit sugary drinks, fruit juices and smoothies and even those without added sugar are high in sugar and should be limited to 150ml per day.
 - * Be mindful of "free sugars"
 - * Use the NHS sugar calculator to help children understand limiting their sugar intake too and make healthier choices.

<https://www.nhs.uk/healthier-families/food-facts/sugar-calculator/>

Shocking fact:-

- * Every 10 minutes a child in England has a tooth removed in hospital.

Please help yourself to our foodbank if you need to, it is regularly stocked up with food and toiletries!

October 2025