

08/07/19



Dear Parents, Carers

As you are aware as a school we are very passionate about your child's health and wellbeing and aim to support pupils to build their understanding around healthy eating and to develop knowledge and skills that will enable them to lead healthy lives. Due to this we will be launching a **healthy lunch box initiative** for the new school year in **September** .

Over recent years we have received support around active breaks, the daily mile and active travel, we believe this has had a huge impact on the children's health and behaviour in school. Research undertaken by the School Food Trust, shows that eating a healthy school meal can also positively affect children's behaviour in the classroom.

There is increasing concern about rising rates of obesity and related health problems in children. As a school, it is part of our responsibility to help children learn how to eat healthily. We understand that whilst some pupils already have healthy packed lunches, for some families this will require some changes.

Below are some guidelines of what a healthy lunch box should look like and what we will be expecting to see in school:

- Be based on starchy carbohydrates (bread, potatoes, rice, pasta)
- Include fresh fruit and vegetables/salad
- Include a source of protein such as beans and pulses, eggs, fish, meat, cheese (or dairy alternative)
- Include a side dish such as a low-fat and lower-sugar yoghurt (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly
- Include a drink such as water, skimmed or semi-skimmed milk, sugar-free or no-added-sugar drinks (water is provided at school)

*Please remember to include a ice pack to keep fresh food cool (or freeze a drink)

By supporting you child to eat healthy you will also be supporting the school to achieve a healthy school rating that has recently been introduced by the government. To find out more information you can visit <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes> or speak to myself.

Kind regards

Miss Hunt

R Hunt



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