Dear Parents and Carers,

Packed Lunch Policy

As you will be aware, there is an increasing concern about rising rates of obesity and related health problems in children in schools. As a school, it is part of our responsibility to teach and encourage children how to eat a healthy balanced diet. This half term, all pupils have experienced a Healthy Eating lesson over a lunchtime session, with their class teacher, lunchtime supervisors and kitchen staff. We collected data on what the pupils were bringing in their packed lunches, and what choices they were making with their school dinners.

Findings:
There were lots of positives to be seen. Most pupils had a good main part of their meal whether they had school dinners or packed lunch. Parents had made the effort to include a variety of foods in packed lunches that included all food groups. The vast majority of pupils having school dinners choose vegetables with their meal.

Concerns:
55% of packed lunches contained a sugary drink of some kind.
50% of packed lunches contained a chocolate, or chocolate biscuit as an option.
65% of School dinners didn’t choose fruit as their dessert option.

In order to address the issues in our school, we have introduced the following:

1. New Packed Lunch Policy:
Packed lunches **should include** the following every day:
- Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad.
- Non-dairy source of protein - meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.
- A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.
- Dairy foods such as milk, cheese, yoghurt, fromage frais
- Drinks - the school has a water only policy

Packed lunches **should not include**:
- High fat, high salt, high sugar snacks such as crisps, sweet popcorn, other high fat / salt packet savoury snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.
- Chocolate spread, honey, jam or marmalade as a sandwich filling.
- Cereal bars and fruit bars.
- Fizzy / sugary drinks or fruit flavoured squash.

2. School Dinner Nutrition Plan:
We have met up with our current food suppliers, in order to work together to improve the nutritional value of all our meals. Kitchen staff have introduced new recipes, and ideas to make our fruit selection more appealing.

On a Friday, pupils are permitted to bring in one small chocolate bar/biscuit, or a small bag of crisp (25g)
If you have any issues regarding this policy please contact the school office to make an appointment to see either myself, or the school nurse – Mrs Barnes.
Thank you for your support,

Mr Crosbie
Deputy Head Teacher