Dear Parents / Carers

I am writing to inform you of changes regarding food allowed at our school. On the 16th November we will introduce our packed lunch and school food policies and all pupils are expected to follow these new rules.

As you may know, weight and oral health is a significant issue in our school. Based on our school’s most recent health data, 41% of our Year 6 and 23% of our reception pupils were overweight and *25%* of pupils had a filling last time they visited the dentist.

In September this year our staff carried out a lunchbox audit which found that 51% of lunches contained chocolate, crisps, biscuits or a sugary drink and only 15% of lunches included vegetables or salad.

In September we invited all parents to complete a school food survey and the survey found that 79% were in favour of a Packed Lunch Policy that restricts the inclusion of unhealthy foods. We also asked pupils their opinion on a Packed Lunch Policy and 72% said they were in favour of a junk food ban if they could have what they liked on Fridays.

Unanimously, all school council pupils and governors said they support the school introducing a packed lunch and school food policy. Staff and the school meal supervisors were also consulted and they too were supportive of a these policies.

**Changes to food allowed at school:**

* **Birthdays:** Children are welcome to bring in a book for the class library to celebrate their birthday. There will be a birthday label placed inside with the child’s name to show it was donated by them. Children should not bring in any sweets or cakes for their birthday but a healthy option of fruit is welcome.
* **School trips:** Any Packed Lunches brought on school trips must meet the packed lunch policy.
* **Snacks:** Pupils are only allowed to bring in a piece of fruit or vegetables for their snack.
* **Parties:** At parties and special events, healthy snack items are encouraged and should make up the majority of the snacks on offer. (See the accompanying poster for healthy party snack ideas).
* **Packed lunches:** Please help your child to prepare a balanced packed lunch containing fruit, vegetables (or salad), protein, a starchy food, a dairy food and water.

Packed lunches should not include crisps, pastries and fried food, chocolate, biscuits, chewing gum, sweets, peanut butter and chocolate spread, jam and any drink other than water or milk. On Fridays pupils are allowed to bring one of the following: pies and pastries, biscuits, cake or crisps.

The foods listed above were all suggested by parents / carers and children. We believe that the policy will have a positive impact on outcomes on pupils’ health and in some cases, their ability to focus during afternoon lessons.

For more detailed information on these policies, please view our packed Lunch and School Food policy posters

See our website for our full Packed Lunch policy and School Food policies and for ideas on how to make healthy, quick and cheap lunches that meets the new guidance.

You are also invited to attend our Healthy Eating Workshop on the Wednesday 11th November at 9.00am to learn more about how to prepare healthy lunches and meals.

Thank you for your support

[SIGNATURE HERE]