

Monday 14th November 2016



Dear Parents

RE: Healthy Lunchbox Policy

The safety and well-being of our children is something that our school works hard to ensure and we strive to continue to work together so that we listen to any opinions or worries you or your child may have.

Some parents have shared their opinions over our implementation of the new *Healthy Snacks & Healthy Lunch Box Policy* being driven by Government Legislation. I would like to reassure all parents that at no point do we intend to punish our children for choices made around their lunch box content; however we do intend to promote healthy eating choices through our teaching of PSHCE and Healthy Eating.

Recently, we focused on our school dining experience which includes: table manners, the seating arrangements and the aesthetics of the whole experience, including the atmosphere around the children whilst dining. We now feel that our dining experience is a much calmer place and the children enjoy socialising with their peers more.

After careful consideration over opinions raised and the implementation of the above practice, some amendments have now been made to the proposed lunchtime audit of snacks and lunch box content, whilst still ensuring that we remain in line with government standards and expectations.

Wentworth C of E Junior & Infant Schools overall aim of the policy.

Our aim is to ensure that all packed lunches brought from home and consumed in school (or indeed on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

The school has achieved Healthy Schools Award in the previous years and is now in the process of achieving the award again; as a result pupils are discouraged from bringing snacks such as biscuits and crisps at break times. The government provides a piece of fruit for KS1 pupils every day; Key Stage Two pupils are encouraged to bring a healthy snack which they can eat at break time. We ask parents to provide a snack that releases energy slowly, for example, oat cakes/rice cakes with cheese/ham, fruit, vegetable sticks, oat based flap jack. All children are encouraged to bring water in a sports bottle each day; however there is a water fountain in school for those who need to fill or re-fill. All of our children are encouraged to drink water regularly.

The Healthy Lunchbox working party includes:

- Our School Council
- Miss Armitage – PSHCE & Healthy School co-ordinator
- Rotherham School Website advice
- Healthy Schools Team

This school policy has been developed by the working party and was formulated to:

- ✓ Make a positive contribution to children's health and our Healthy Schools Status.
- ✓ To encourage a happier and calmer population of children and young people.
- ✓ To promote consistency between packed lunches and food provided by schools which, adhering to national standards set by the government.
- ✓ To contribute to the self-evaluation for review by Ofsted.

In regards to a variation of standards in Authority provided lunches compared with home snacks/lunches provided, our School Policy is designed to raise awareness of your children's lunch box contents. What our audit told us was that some lunch boxes and play time snack choices did include king size treat bars, fruit winders and in some case nuts (we do have children in school with nut allergies). What we are endeavouring to do is to ensure that ALL lunchboxes and playtime snacks are a healthy and safe choice for all. The balance of sugary and fatty foods against a healthier option is all that we ask. For example, in a child's lunch box the sugary foods should not be of a higher percentage than the main food source. This is the same for children who eat a School Meal, they have a balanced main meal and then they can choose from a selection of puddings and deserts that are additive free (this will remain the same).

The 'red pepper and green pepper system' is purely to raise awareness of the children's healthy choices and to promote discussion in PSHCE lessons. On reflection and in response to opinions raised by some parents' Individual children will not receive red or green pepper cards, but discrete observation's will be made by staff and reported to Miss Armitage and disseminated to the school council as a percentage rate.

In addition to us looking at healthy food habits and choices we have also been working hard to provide a range of extracurricular activities to ensure regular physical participation by all of the children as we recognise that Sport and physical education is fundamental to the early development of children, contributing to the holistic development of young people. These positive healthy habits will help children grow strong and stay healthy.

I hope that the school has addressed any concerns that you may have had regarding our 'Lunch Box Policy' please do contact us if you have any further questions regarding this matter.

Yours sincerely

Miss Armstrong

Head Teacher



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