

Bottisham Community Primary School



Headteacher: Rachael Johnston

Monday 8th October 2018

Dear Parents / Carers,

Healthy Food in School

You may be aware that we are changing our school catering provider and this has also given us the opportunity to review packed lunches in school too.

Research undertaken by the School Food Trust has shown that eating a healthy meal can positively affect children's behaviour and learning in the classroom. As you will be aware there is also 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 and encouraging healthy packed lunches is an important part of this.

We know that some children already have healthy packed lunches but we have been concerned recently at the number of children bringing in sweets and chocolate as part of their packed lunch. In line with our approach to healthy eating, please could we request that the following are not included in packed lunches:

- Any food containing nuts (we are a nut-free school)
- Fried food
- Sweets and chocolate
- Packeted savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts

We know that it can sometimes be tricky to think of healthy ideas for lunchboxes. We have been impressed with the information provided on the NHS Change for Life website to support parents with this. The link below will take you to it.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

The children FS/ KS1 are provided with a free piece of fruit or vegetable at break time as part of the national School Fruit and Vegetable scheme. Unfortunately, the scheme does not extend to KS2 and so the children in Y3-6 are allowed to bring in a snack at break

Beechwood Avenue
Bottisham
Cambridgeshire
CB25 9BE
01223 811235

01223 811235
office@bottisham.cambs.sch.uk
www.bottisham.cambs.sch.uk
twitter.com/BottishamPri



time. Please could we ask that this snack also adheres to the guidelines above and is a healthy option rather than crisps, chocolate or sweets.

Finally, a number of parents have recently raised concerns about children bringing in sweets or chocolate to share with the rest of their class on their birthdays. Whilst there is no expectation from the school that children will do this (we acknowledge all birthdays regardless of treats), we know that some children and parents enjoy this opportunity. We are therefore keen to find out what you as parents and carers feel about this to help us to make a decision about whether this is something that continues in the future. We have created a very short survey which we would be very grateful if you could take a couple of minutes to complete. It can be found at

<https://www.surveymonkey.co.uk/r/PKMC93Z>

Yours sincerely,

Rachael Johnston
Headteacher

Beechwood Avenue
Bottisham
Cambridgeshire
CB25 9BE
01223 811235

01223 811235
office@bottisham.cambs.sch.uk
www.bottisham.cambs.sch.uk
twitter.com/BottishamPri

