

Monday 6 February 2017

Dear Mums and Dads,

Healthy Eating is back on the Table!

We've just written a **new School Food and Nutrition Policy**. The Governors adopted it and Parent Council had a look at it last week. It is a lot more interesting than it sounds and it affects **every single one of you**, whether your children have **SCHOOL LUNCHES** (Over 200 children every day! Well done!) or if your children bring in **PACKED LUNCHES**. *It will also affect things like birthday sweets and the quality of food served at Allsorts Breakfast Club and snacks at Allsorts after school.*

I am writing to ask you to save yourselves some money by signing up your children for school lunches if you haven't already. Last time we checked (in November) it was £107 a year cheaper to eat school lunches than to fill your children's lunch box with value items from supermarkets. Please come and talk to Lisa, our amazing chef, if you have not yet signed up and want to see what she is serving!

But there is also another reason for writing. You might have thought that what goes into your child's lunchbox is your choice alone. It is, of course, but if it is served to children at Christ the Sower, it should comply with the 2014 School Food Standards.

In the past, before the kitchen was built, the lunch food was not great, so we did not enforce this. However, now that we can provide a good hot lunch or sandwich option each day from the kitchen, we are going to try to improve the quality of lunchboxes so that all food that children consume is in line with the School Food Standards. We'll do this in a number of ways.



1. Firstly, you ought to know what makes up a HEALTHY LUNCH BOX. The best advice we have comes from the MK website and the Children's Food Trust and says:
 - ✓ A **STARCHY FOOD**, such as **bread, pitta, wraps, bagels**, or **pasta, rice, couscous, noodles**, or other **cereals**. This is where all the energy for the afternoon is!!!
 - ✓ At least one portion of **FRUIT**.
 - ✓ At least one portion of **VEGETABLES** or **SALAD**.
 - ✓ One portion **MEAT, FISH** or another source of **NON-DAIRY PROTEIN** (non-dairy sources of protein include **lentils, kidney beans, chickpeas, hummus, peanut butter** and **falafel**).
 - ✓ A **DAIRY** food, such as **semi-skimmed or skimmed milk, cheese, yoghurt**.
 - ✓ Include only **WATER**, still or sparkling, fruit juice, semi-skimmed or skimmed milk.
 - ✓ The NHS site also includes ideas for some **sweet items** to finish lunch off – yoghurt, teacake, fruit bread, plain popcorn (no sugar) or sugar free jelly.

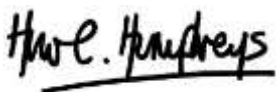
This is really important. Children really do need to eat well in order to learn well.

2. Secondly, we will begin monitoring the quality of lunchboxes after 1 March 2017. This will be done by:
 - Adults supervising packed lunches in the classrooms will keep an eye on what children are eating, and report any concerns directly to me. If we see items such as sweets and fizzy drinks in a child's lunchbox, we have every right to remove them, and return them to you at the end of the day.
 - Children from the School Council will be commissioned to do spot checks and surveys, anonymously, to measure the extent to which children are eating healthily at lunches. This is both a health check and a statistical exercise and will help the School Food Group, which will meet at the end of term, get a view of what is being eaten.

I am attaching some information to this letter from the Children's Food Trust so that you can be fully informed about what is acceptable in a school packed lunch.

We are giving you three school weeks to adapt to these new requirements – then we will start checking and seeing what children are eating, and whether it is healthy or not. We have very high expectations of you, we know, but this is not us being mean – it really is in the long term interest of your child, and we expect you as parents to want that too!

Yours sincerely,



Huw Humphreys