

7<sup>th</sup> September 2018

Dear parent/carers,

At Preston Manor school we work hard to ensure that students' minds and bodies are ready for learning each day. In addition to the hard work our teachers and staff do every day to prepare students for success in the classroom, we can also work to encourage healthy eating and physical activity, leading them to lifelong success. By helping them start healthy habits early in life, we can help reduce our children's' health risks and increase their chances for longer, more productive lives.

As we know, from research undertaken by the School Food Trust, eating a healthy school meal can positively affect children's concentration and behaviour in the classroom. As you will be aware there is increasing concern about rising rates of obesity and related health problems in children. School meals are more likely to contain vegetables, fruit, healthier drinks and no confectionery and snacks compared with packed lunches.

#### **What's in a healthy packed lunch?**

A child at school should have about a third of their daily nutrient requirements at lunchtime. This means they need food that is going to provide them with enough energy, protein, fibre, vitamins and minerals.

A good packed lunch contains:

- A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles.
- These foods are good for children to fill up on.
- A good source of protein, iron and zinc such as meat, fish, beans, nuts or eggs.
- A good source of calcium such as milk, cheese, yoghurt or fromage frais.
- And one portion of fruit and one portion of vegetable or salad to provide all the other vitamins and this could include; a piece of fruit or dried fruit. A portion of vegetables could be fresh vegetables such as a carrot stick, salad or a vegetable soup or vegetable dish.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of the packed lunch is varied.

More information can be found on <http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide>.

The following foods should not be included in their school packed lunch; -crisps, cakes and Biscuits or juice as these foods do not include the important nutrients children need to grow and develop, to be healthy and active. **If your child brings these types of foods into school, it will be removed and kept in the school office for them to collect after school.**

We are looking forward to making our school the healthiest it can be so our children can do their best work.

Your sincerely,

Mr K Atkinson  
Head of Lower School