

# Healthy Eating at Scissett First School

## Lunchboxes

As part of the Healthy Schools Initiative, our food policy requires children on packed lunches to follow healthy eating guidelines. I am pleased to tell you that the majority of parents are in fact complying with our stipulations about healthy choices. Most lunchboxes have a good range of food and comply with the rule about no fizzy drinks or glass bottles. Just a reminder that our prospectus states that no sweets or chocolates are allowed! No nuts or nut products please. A sheet of ideas is attached. Where we find that packed lunches do not comply with the policy we have some cards which we simply put into the lunchbox. These are merely there to serve as a reminder.



## School Meals

School meals are provided by Kirklees Catering Service, and are cooked on the premises. Menus adhere to the national guidelines and are nutritionally balanced to provide a healthy diet.

## Food Policy

As you know, food provision in schools is high on the government agenda, particularly with concerns about childhood obesity which is on the increase in the UK. One of the things schools are required to do is to provide a whole school food policy. A copy of our food policy is attached to this letter. Please be aware that the policy has been informed by National Guidance. You will see that the policy includes guidelines for lunchboxes, as well as information about the tuck shop, and breakfast club, in addition to details about the curriculum. The policy was first implemented in Sept 2007, and reminders have been given since, however I am conscious that some of our newer families may not have fully understood our guidelines.