



## Delph Side Community Primary School

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Headteacher: Mrs E Ormerod

Monday 27th March 2017

Dear Parents and Carers,

### Healthy Eating Guidance and Policy

As you will be aware, there is an increasing concern about rising rates of obesity and tooth decay in the United Kingdom. Recent reports show that childhood obesity and tooth decay in England has reached alarming rates. In Lancashire, 1 in 5 (22.6%) 4 to 5 year-olds are overweight or very overweight when they start school, increasing to 1 in 3 (33.3%) 10 to 11 year-olds by the time they leave.

Research from Public Health England shows, eating healthy foods (such as vegetables and fruit) improves pupils' attainment, mood and behaviour. In addition Ofsted also now judges pupils' knowledge of how to keep themselves healthy and looks at the food and behaviour in the dining room and at playtime.

Through recently liaising with the school council, governors, staff, children and school meal supervisors, it is clear that they unanimously support the idea of implementing new healthy eating guidance which includes packed lunches and play time snacks. As a result of this, we are keen to support more pupils to have healthy balanced meals and snacks through the introduction of packed lunch and snack guidance, alongside our new healthy eating policy.

A copy of The National School Food Standards and our new healthy eating policy accompanies this letter.

If you have any questions regarding this policy, please contact the school office to make an appointment to speak to a member of staff.

Thank you for your continued support.

Miss L. James

PSHE and Science Leader

