



Morningside Primary School

and Children's Centre
Achieving and Aspiring Together

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Dear Parent(s)/Carer(s)

Recently our school meals have improved significantly and the school has now decided to introduce a policy for packed lunches. As we know, from research undertaken by the School Food Trust, eating a healthy school meal can positively affect children's 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, extra bread, healthier drinks and no confectionery and snacks compared with packed lunches.

As a school, it is part of our responsibility to help children learn how to eat healthily. The school believes that this will help your child to eat healthy, tasty food at lunchtime, thus reinforcing what they learn in the classroom about healthy eating.

Yes Please!

- Please help your child to prepare a balanced packed lunch containing sandwiches and / or other carbohydrate, at least one fruit and one vegetable and a drink of water.

Take Care!

- Please exercise caution when choosing snacks marketed as being healthy, some cereal bars or processed foods contain large amounts of sugar.

No Thank You!

- Please do not include fizzy drinks, sweets, fried food, chocolate, cake or crisps as part of a packed lunch.

The new policy is available on the website. We believe that the policy will have a positive impact on outcomes on pupils' health and in some cases, their ability to focus during afternoon lessons.

From the 2nd November, children will not be permitted to consume any of the foods on our 'No Thank You' list during lunch. If a child does come in with any of those foods, they will not be allowed to eat it and will have a slip added for your reference. If you have three slips, a meeting will be scheduled with a member of the pastoral team.

Please find enclosed with this letter some ideas to make healthy, quick and cheap lunches for your child that meets the new guidance.

Please do not hesitate to contact me if you have any queries about our policy.

Thank you for your support,

A handwritten signature in black ink that reads "Sheena Khangura". The signature is written in a cursive, flowing style.

Sheena Khangura

Deputy Head