



St. Bede C of E Primary Academy

C.E.O: Mr J. Hatch OBE

C.O.O: Mrs J. Roberts

Head of School: Mrs S. Rostron

Chair of Directors: Mr M. Caine

Telephone: 01204 61899

Facsimile: 01204 323380

E-mail: information@stbedeacademy.org

Website: www.stbedeacademy.org

Twitter: @StBedeCEPrimary

Company Registered Number: 7628909

Company Registered Address: Morris Green Lane, Bolton, BL3 3LJ

September 2018

Packed Lunches

Dear Parents/Carers,

***Thanks to Jamie Oliver, school dinners have had a radical overhaul.
But what about the lunchboxes?***

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. It's just as important to make sure that the lunchbox your child brings to school is as healthy and balanced as what they would eat at home.

We are aware that there is increasing concern about rising rates of obesity and related health problems in children and, as a school, it is part of our responsibility to help children learn how to eat healthily. Last year the Eco Committee delivered a healthy lunchbox workshop, which gave the children on packed lunches the opportunity to try new food and make them aware of what needs to be included in a 'healthy lunchbox'. We are providing this same opportunity during the spring term for children wishing to attend a further workshop.

In the meantime, the Eco children will be carrying out lunchbox audits to help develop a lunchbox policy, and some guidance has been created (overleaf). The Eco Committee will also be developing a reward system to help develop the children's understanding of the idea of a 'healthy lunchbox' and the various food groups that form a balanced diet.

Yours sincerely,

Mrs S Rostron
Head of School

Mrs V Hibbert & Mrs Z Sowerby
Eco School Council Co-ordinators

Please ensure that you read the guidance below

- Lunchboxes should contain an item from each of the following food groups in the lunchbox image.
- The Eco Committee and staff often find the lunchboxes contain too many items from the same food group (especially from desserts, cakes and biscuits).
- If staff are concerned that your child's lunchbox regularly contains too much of the same food group, they will approach you and, if needed, offer some advice and guidance.

Name: **More healthy packed lunch ideas**

Class: Each day a healthy packed lunch should include:

A portion of starchy food



White or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad.

At least one portion of fruit and/or vegetable



Fresh, frozen, canned or dried, these can all count towards 5-A-DAY.

Vegetables: carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad.

Fruits: sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple, or dried fruit.

A portion of meat, fish, eggs, beans or other non-dairy sources of protein



Sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads.

A portion of milk or dairy foods



Yoghurt or fromage frais, cheese in sandwiches or wraps, whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).

Desserts, cakes, biscuits and crisps: these foods are high in saturated fat, sugar and salt – too much of these foods can be harmful to health.

- ✓ Try to make desserts, puddings and cakes with fruit or milk, such as a banana muffin or rice pudding.
- ✓ Limit confectionery such as chocolate, sweets or cereal bars to help protect your child's teeth.
- ✓ Avoid salty snacks such as crisps. Replace with plain breadsticks.

A drink – to help with hydration and concentration.

Water is provided to children at lunch time.

If children would like to bring a water bottle **it must be clear plastic.**

Please fill bottles with **water only.**