

Tuesday 12<sup>th</sup> October 2021

Dear Parent/Carer,

Re: Healthy Eating and Food Policy

Here at Iqra primary school, we place the health and wellbeing of our pupils at the centre of our practice. As you may be aware, the lockdown has raised national concerns about the rising rates of obesity and related health problems and we are striving to work together with parents to make the children happy and healthy. We are currently completing some work on healthy lifestyles with the pupils with a particular focus on healthy eating.

All food that is provided in school is carefully prepared following the Government's standards but we feel that we need to start to monitor food that is brought in from home to ensure that it meets with the NHS guidance for a healthy balanced diet.

### **Lunchtime**

We encourage our families to take up the offer of a free school lunch for KS1, the hot two course cooked lunch with a salad bar and fresh fruit every day is very popular with our children. However, a small number of children prefer to bring a packed lunch every day. I would like to remind parents that this lunch should not contain any sweets, fizzy drinks and a maximum of one chocolate item. A healthy packed lunch should contain items from the key food groups. Please see attached a helpful grid to guide parents when preparing a healthy packed lunch.

From Monday, pupils break-time snacks and lunchboxes will be monitored by staff to ensure that they contain a balanced, healthy, selection of food. If there are concerns about the volume of unhealthy food a child brings in, the teacher will be informed and will speak to the parent at the end of the day. We would ask that parents work collaboratively on this matter to ensure the good health of your child.

We are looking forward to making our school the healthiest it can be. So please help us in supporting YOUR child start their journey towards a healthier lifestyle. Thank you.

Kind regards

Mrs Dhillon

How healthy  
is the break  
time snack?



Are you  
packing a  
healthy lunch?

Tired of packing  
the same old  
lunch?

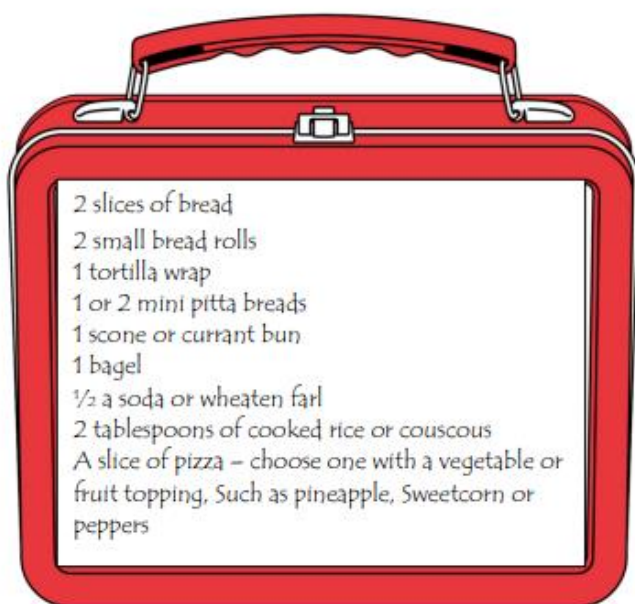


We all want the best for our children and supporting them in making healthy choices is extremely important.

That is why at Iqra Primary School we are re-launching our healthy school policy and are now strongly encouraging only healthy packed lunches and break-time snacks.

It is really important to make sure the lunchbox your child takes to school provides a healthy, balanced lunch, just as when they eat at home. This means plenty of foods that contain the nutrients that children need, and fewer foods that are high in sugar and saturated fats.

## A Healthy Lunchbox



Did you know?

If your child doesn't like wholegrain bread, try the new breads made with half white and half wholemeal flour to boost their fibre intake.

Replace chocolate bars and cakes with fresh fruit or dried fruit

Did you know?

Sliced processed meats are higher in salt than meat you have cooked yourself. Why not use leftovers from dinner the night before?



*We Learn, We Lead, We Inspire*

**Ideas for healthy packed lunches**



Key food groups



The **Eatwell Guide** shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.

For more details on the eat well guide visit the website below which will break down the importance of each food group.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>