

WESTWOOD WITH IFORD SCHOOL



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HEALTHY SCHOOLS

Dear Parents /Carers

As we know, from research undertaken by the School Food Trust, eating a healthy 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.

As I explained in the summer, we are currently working towards Healthy Schools status and in doing so we are reviewing our policy on Healthy Eating in school. Before we introduce a formal snack and packed lunch policy, however, we would like to gather as many opinions as possible on the subject. We are asking the pupils, our governors and you, the parents, before we develop the packed lunch policy so that we create a policy that everyone will want to support and follow.

We are inviting you to complete the attached questionnaire with your views on packed lunches and food in school.

After we have developed and introduced the packed lunch policy, we will provide advice and time to adjust, so that the change is as smooth as possible.

More information about packed lunches is available on <http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/your-childs-food-at-school/packed-lunches>

In the meantime, if you would like to find out more about the lunches on offer in school please contact the school office or if you would like tips on a healthy lunchbox for your child, please follow the links on our website: <http://www.westwoodwithiford.org/school-meals>

Thank you for your support

Yours sincerely,

A handwritten signature in black ink that reads 'Ian Rockey'.

Ian Rockey
Head teacher

Healthy eating Questionnaire

| | | | |
|---|---------------------------|----------------------|-----------------|
| • Does your child take a packed lunch to school? | <u>Yes</u> | <u>No</u> | <u>Comments</u> |
| • Do you feel your child's packed lunch is healthy? | <u>Yes</u> | <u>No/Not always</u> | <u>Comments</u> |
| • What is your child's favourite food in their packed lunch? | | | |
| • What is your child's least favourite food in their packed lunch? (which foods might they need more encouragement to try!) | | | |
| • What do you regularly include in your child's packed lunch? | | | |
| • Do you think there are foods that should not be allowed in lunchboxes/as snacks? | <u>Yes- which if any?</u> | <u>No</u> | <u>Comments</u> |
| • Why would you choose a packed lunch over a school dinner? | <u>Comments</u> | | |
| What are your thoughts about the government initiative to offer free school meals to all infant age children? | <u>Comments</u> | | |

| | | | |
|---|-----------------|-----------------|---------------------------------------|
| How often does your child bring a packed lunch? | <u>1-2 days</u> | <u>3-5 days</u> | <u>Never</u> |
| How much would you spend on a packed lunch/snack product? | <u>< £1</u> | <u>£1-2</u> | <u>>£2</u> |
| Is packaging important to you when buying lunchbox products? | <u>Yes</u> | <u>No</u> | <u>Comments</u> |
| Would you like further information on providing healthy snacks and lunchbox food? | <u>Yes</u> | <u>No</u> | <u>Comments</u> |
| Are you entitled to free school meals? | <u>Yes</u> | <u>No</u> | <u>Please send me further details</u> |
| If your child currently has a school dinner, what are your thoughts on the menu? | | | |

Thank you for your time in completing this questionnaire and for continuing to support our school initiatives.

Ian Rockey