



Boughton Monchelsea Primary School

Church Hill, Boughton Monchelsea, Maidstone, Kent, ME17 4HP

Tel: 01622 743596, Fax: 01622 741405

Headteacher: Mrs Ruth Roberts MA

Email: headteacher@boughton-monchelsea.kent.sch.uk

1st December 2017

Dear Parents/Carers,

Healthy Eating



At Boughton Monchelsea, we want to make sure that our pupils develop healthy eating habits and we are very keen to work with parents to achieve this goal. We are very keen to help children and parents to think more carefully about food choices; to raise awareness of the risks of childhood obesity and tooth decay and to help children have a healthy, balanced diet so they stay healthy and are more able to focus in class. In school, we provide healthy eating workshops as part of our PSHE curriculum and our school dinners are prepared to the highest nutritional standards. A daily healthy snack is provided free of charge for children in the Infants and we encourage KS2 children to bring in only fruit or vegetables as mid-morning snacks.

There are some areas, however, where we think improvements could be made.

We are concerned that a significant number of children are still bringing in lunchboxes full of processed foods high in salt, sugar and saturated fats. Several children don't have any fruit or vegetables in their lunch and many have sandwiches containing jam or chocolate spread instead of a nutritious, savoury filling. We will be looking at ways to encourage children and parents to opt for healthier options when preparing packed lunches, which may include occasional checks with individual feedback provided to parents.

Don't forget that you can download the FoodSmart app <https://www.nhs.uk/Tools/Pages/be-food-smart.aspx> to help you make healthy choices when shopping for food and suggestions for tasty healthy lunches can be found on these websites.

<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

<https://www.nhs.uk/change4life-beta/healthier-lunchboxes>

<http://www.goodtoknow.co.uk/recipes/pictures/29229/30-packed-lunch-ideas>

Thank you for your co-operation

Ruth Roberts (Mrs)