

SECOND Draft Letter to Parents – Re Implementation of Packed Lunch Policy

Head Teachers may find this draft letter to parents useful when implementing a Packed Lunch Policy. The Packed Lunch poster and packed lunch ideas can also be printed off and attached for more useful information for parents.

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. As a school, it is part of our responsibility to help children learn how to eat healthily. After talking with pupils, parents, governors and our school cooks, we have decided to introduce a policy for packed lunches. This will help your child to eat well and ensure that all pupils are benefitting from the better standards of food in school.

We understand that whilst some pupils already have fairly healthy packed lunches, for some families this will require significant changes to what you give your child for a packed lunch. So, we shall be introducing the policy gradually as well as running sessions about how to make healthier packed lunches. We would like pupils who are having packed lunches, to start gradually changing to the healthier options, with all packed lunches following the policy by _____.

We will continue to work with pupils to help them to understand the need for this policy and the benefits that healthier eating will bring them.

As well as our new policy, please find attached some practical ideas for healthier packed lunches. More information is also available online at:

www.schoolfoodtrust.org.uk/packedlunches

We shall be running a healthy packed lunch session to show ideas on _____

In the meantime, if you would like to find out more about the lunches on offer in school please contact _____

Thank you for your support

Yours sincerely

Head Teacher