



Wombwell Park Street Primary School

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Executive Headteacher: Mrs G Foster-Wilson

Headteacher: Mrs C Lawson

Deputy Headteacher: Mrs L Longden

Dear Parents/Carers,

Thursday 24th October 2019

As part of our curriculum in school, the children are taught about healthy eating and lifestyle choices. This is to help them to make nutritious food choices and alongside regular exercise will help to keep a healthy weight. It would be really helpful if you could support school in this area by talking to your child about making healthy choices, especially when making selections for packed lunches.

As you are already aware the school asks that children do not have:

- Sweets, chewing gum and chocolate in their lunches
- Nuts or anything containing nuts (due to children within school with severe nut allergies)
- Fizzy pop or energy drinks
- Chocolate spread, honey, jam or marmalade as a sandwich filling.
- High fat, high salt, high sugar snacks such as crisps, sweet popcorn should only be eaten as occasional treats

We advise that packed lunches are brought to school in insulated bags with a freezer block, where possible, to stop food going off. (Please ensure this doesn't contain anything toxic). School cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school. Glass bottles and tins are not permitted due to safety issues that could arise.

Food contained in a packed lunch should be based on the Eat Well plate model and should include the following every day:

- Fruit and Vegetables - at least **one** portion of fruit and **one** portion of vegetables or salad.
- Non-dairy source of protein - meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.
- A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.
- Dairy foods such as milk, cheese, yoghurt or fromage frais.

School ensures that fresh drinking water is readily available at all times (children are encouraged to fill up their water bottles regularly) and if other drinks are desired with a packed lunch they can choose healthy drinks such as

- 100% pure fruit juice
- semi-skimmed or skimmed milk
- yoghurt or milk drinks and smoothies.

All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption.

To help parents with providing their child with healthy lunchbox choices, we will be creating a display in the school reception area with lots of healthy eating suggestions. This will also provide advice on money saving ideas, suggestions for fussy eaters and lots more. During the next half term, watch out for our useful links to websites too. This will also be available to view shortly on the school website.

Here are a few steps that we will be taking to promote the uptake of fruit and vegetables during lunchtimes:

We will be rewarding children with a special token for including a piece of fresh fruit or vegetable in their packed lunch box or for eating fruit or vegetables if they have a school meal. These tokens will be collected by class teachers in a similar way to the lunchtime manners and the table of honour tokens. At the end of each half term the class with the most tokens will receive a reward.

Those children who are regularly making healthy choices will also receive a healthy choices certificate in assembly.

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Children at the heart

Whilst we would like these strategies to promote healthy choices to be positive ones, we will also need to address the issue lunchboxes that do not meet the healthy lunchbox criteria. Therefore, our lunchtime staff will be monitoring lunchbox content and will be informing class teachers where a child is bringing unhealthy foods or where they feel the content of a lunchbox is regularly not suitably balanced.

Parents will then be asked to consider the content of their child's packed lunch and offered support around helping their child to develop healthier eating habits and about providing affordable healthy lunches.

New menu

From 4th November, we have a new updated menu, a copy of which is attached. This will also be uploaded onto the schools website. This provides your child with lots of nutritional choices.

Remember that ALL reception, Year 1 and Year 2 children are entitled to free school meals.

Back up Pack up for Reception, Year 1 and Year 2 pupils

To try and encourage as many pupils as possible to take a **free school meal** we are offering children up to KS1, the opportunity to try a school lunch each day but to alleviate any anxieties you or your child may have, you can provide a packed lunch as a backup. This 'Back up Pack up' initiative will run from the 4th November.

Full plate

At a recent School Meal Nutrition Working Party, schools pledged that from 4th November all pupils taking a hot school meal will be served all parts of the meal, including the hot vegetables. We are aware this may be a challenge for a few children, but please be confident that no child will be forced to eat anything they don't want to. Your child will be encouraged through verbal rewards and stickers if they 'try something new' or 'eat all of their dinner'. Please look out for these stickers when your child comes home and join us in celebrating good eating habits.

Pupils will continue to have access to the salad bar throughout the lunchtime service each day, which includes a range of fresh vegetables and homemade bread.

We agreed that this would provide you, as a parent/carer, with the best possible value for money and also make sure our pupils are provided with the right nutrition for their age group.

We greatly appreciate your support in helping the children at Park Street to make healthy food choices. We realise that it takes time to change eating habits and as well as the strategies mentioned we will be involving the whole school community including our school council:

Watch out for our health themed rewards, stickers and competitions, food tasting sessions, class healthy eating lessons and healthy lifestyle assemblies.

Thank you for your support and please do not hesitate to contact school if you have any questions.

Yours sincerely

Mrs C Lawson
Headteacher