

## **FIRST Draft Letter to Parents – Re Introduction of Packed Lunch Policy**

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. 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.

The school believes that this will help your child to eat healthy, tasty food at lunchtime, thus reinforcing what they learn in the classroom about healthy eating.

Before we introduce a formal packed lunch policy we would like to gather as many opinions as possible on the subject. We are asking the pupils, our governors, the school cook 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 attend an open discussion on the subject on \_\_\_\_\_ at \_\_\_\_\_. If you are unable to attend at this time then please speak to a member of staff, send us an email, or write a letter/complete the attached questionnaire with your views on packed lunches.

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  
[www.schoolfoodtrust.org.uk/packedlunches](http://www.schoolfoodtrust.org.uk/packedlunches)

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