

Why do we need a healthy packed lunch? A healthy packed lunch will give children the energy and fuel they need to get the most from their day, helping them to stay healthy, feel good and be able to learn. Packed lunches should be made up of foods from the main food groups in the School Food Plan and contain suitable portion sizes and provide enough energy for a child's age and sex. They will ensure every child has a healthy and nutritious balanced lunch.

What should I include in my healthy packed lunch? Please try to include **out** of each of the following in your lunch each day:

- STARCHY CARBOHYDRATE** (for main energy): bread, pasta, rice, potatoes, cereals, biscuits, crisps, rice cakes, etc.
- DAIRY FOOD** (for main energy): milk, cheese, yoghurt, cream, butter, etc.
- FRUIT** (fresh, frozen, dried or tinned): apples, oranges, bananas, grapes, etc.
- VEGETABLES** (or pulses): peas, beans, lentils, etc.
- PROTEIN** (or pulses): eggs, meat, fish, etc.

5 top tips for your packed lunch:

1. Plan your lunch the night before.
2. Use a reusable lunchbox or cooler bag.
3. Use airtight containers to keep your food fresh.
4. Don't forget to pack a drink.
5. Make it fun!

School dinners are best! Most packed lunches can be time-consuming and expensive. Why not try school dinners?

Healthy packed lunches can be time-consuming and expensive. Why not try school dinners?

Be safe! Please do not use any of the following in your packed lunch: nuts, seeds, shellfish, etc.

Healthy food, healthy bodies At the beginning of the school year I thought it might be useful to share with you a couple of websites that offer suggestions for healthy packed lunches and snacks. I remember only too well the monotony of nine years worth of packed lunch making when my children were at primary school, so hopefully the links below might provide some inspiration to make the challenge of producing tasty, healthy packed lunches easier to overcome. I would have thought that once or twice a week at lunchtime, children have a packet of crisps or a chocolate bar as part of a healthy balanced diet but should certainly not be part of a daily diet. Please can I also remind parents that we do not permit any nut based product in school and also dried fruit like raisins/sultanas are also a 'no-no', as despite appearing to be perfect little snacks, they are also perfect choking hazards.



- 2 Sep - Training day
- 3 Sep - Children return
- 24 Sep - Flu immunisations
- 27 Sep - Swale Class visit to Brimham Rocks
- 1 Oct - Brimham Rocks writer workshop
- 2 Oct - New Starter Parents Evening 4pm
- 9 Oct - LGB Meeting
- 15 Oct - Fire safety Visit
- 25 Oct - Break up for half term

The School Food Standards

Having in school should be a pleasurable experience: time spent sharing good food with peers and teachers.

Fruit and vegetables

- One or more portions of vegetables or salad in an unaccompanied every day.
- One or more portions of fruit every day.
- All children consuming at least 10% fruit in every meal each week.
- At least three different fruits and three different vegetables each week.

Milk and dairy

- A portion of food from this group every day.
- Items for which there is evidence for drinking or for use as a food during school hours.

Meat, fish, eggs, beans and other non-dairy sources of protein

- A portion of meat or poultry on three or more days each week.
- Only fish items on more than three weeks.
- One or more portions of non-dairy protein on three or more days each week.
- At least one quality protein (meat, fish, eggs, beans, pulses, tofu, etc.) on every day.
- No more than two portions of meat, fish, eggs, beans, pulses, tofu, etc. in any one day.
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Foods high in fat, sugar and salt

- No more than two portions of food that has been deep-fried, battered or fried in oil in any one day.
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Healthier drinks*

- Free, fresh drinking water at all times.
- The only drinks permitted are:
 - Plain water (still or carbonated).
 - Fruit or vegetable juice (100% fruit or vegetable juice).
 - Plain, low or no added-sugar milk (whole, semi-skimmed or skimmed).
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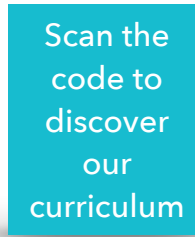
Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets.
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<https://healthyschoolsnorthyorks.org/wp-content/uploads/2023/01/Healthy-Packed-Lunch-leaflet.pdf>

https://assets.publishing.service.gov.uk/media/62b1e93f8fa8f5356c35bbd3/School_Food_Standards_140911-V2.pdf

Parents' Evening Thank you to all those parents who have signed up for Parent's Evening on the 2nd October. There are still some slots available so please do secure an appointment if you would like one. Thank you.



PTFA Autumn Quiz We are looking forward to welcoming you to the 'Wellie' for our Autumn Quiz on Thursday 3rd October from 7pm. Please contact Helen Marriner to book a place!



And finally... It's our PTFA AGM on Wednesday 16th October. This will probably be online from 8pm. Please join us and show your support for our school. Thank you.

