

Please DO NOT include the following in home packed lunches:

- Nuts or nut products (due to allergies)
- Crisps or salty snacks
- Chocolate spread
- Jam sandwiches
- Chocolate bars/dips
- Juice (high in sugar)
- Fizzy drinks
- Large pieces of cake/muffins/doughnuts
- Take away food
- Sweets

Freezer packs are an ideal way to keep your child's lunch cool until lunchtime.



A year of



Healthy Packed Lunches



HEALTHY LIFESTYLES, HEALTHY EATING AND PACKED LUNCHES

Wormley Church of England Primary School is committed to promoting healthy lifestyles, including healthy eating, exercise and well-being.

NATIONAL CHILD MEASUREMENT PROGRAMME

Parents should be aware of the campaign to reduce obesity and improve physical and emotional well-being in the country. The dangers of eating too much sugar, fat and salt are well documented and the value of physical activity are well promoted.



Since 2014, school nurses have been measuring the weight of children in Reception and Y6 to gather reliable data across the country.

Last summary results for Wormley Primary School

In our school, 97% of children in Reception and 88% of children in Year 6 were measured.

- Proportion of YR children who were obese 11%
- Proportion of YR children who were overweight 12%

The Proportion of YR children who were obese or overweight was 23%. Similar to other schools in England (22%)

- Proportion of Y6 children who were obese 20%
- Proportion of Y6 children who were overweight 15%

The Proportion of Y6 children who were obese or overweight was 36%. Similar to other schools in England (34%)

The percentages are worrying since it would be expected that only 10% of any population of children of all ages would be overweight and a further 5% obese. Current levels in England are far higher, indicating possible future poor health for many of our children.

Parents reserve the right to take their children home for lunch if they do not agree with our healthy school policy.



Bearing this in mind, we are committed at Wormley CofE Primary School to promoting healthy lifestyles. We expect that home packed lunches conform to the same strict nutritional standards of school lunches (www.gov.uk/government/publications/the-eatwell-guide)

We promote The Daily Mile (www.thedailymile.co.uk) and engagement in weekly PE lessons, with correct PE attire (www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools)



We encourage water as a primary drink. This helps with good dental hygiene.

The children are encouraged to have a drink bottle with them in class to help them hydrate during the day. This must only contain still water. Water and cups are available in the classroom for those without their own.

All schools are directed by government and OFSTED (Office for Standards in Education) to promote healthy lifestyles and therefore a healthy diet whilst in school.

The Midday Supervisors, on behalf of Senior Leaders and the Governors of the school, check to ensure that packed lunches match the strict healthy guidelines of school dinners. In order to support parents we offer lots of guidance about packed lunches, from the moment they start school (in the starter pack) and regularly in newsletters.

We expect parents to be informed, to support the school's endeavours and to promote healthy diets for their children's health and well-being.

Parents may of course choose to feed their children whatever they like outside of school.

Healthy Lunchbox Tips

The key to a healthy packed lunch is getting the right balance of a wide variety of food groups.

A healthy packed lunch should include:

- A good proportion of starchy food e.g. bread, wholegrain roll, tortilla wrap, pitta pocket, chapatti, pasta, rice, salad
- A portion of lean meat, fish or alternative e.g. chicken, tuna, ham, egg, cheese, beef, beans, hummus
- Plenty of fruits and vegetables e.g. apple, satsuma, handful of cherry tomatoes, carrot sticks, small tub of fruit salad, box of raisins
- Dairy food e.g. reduced fat cheese, yoghurt, fromage frais
- A drink e.g. water, yoghurt drink, unsweetened juice
- Choose crisps & snacks low in salt and fat



Here are some tips to get started:

- Try different breads or other starchy foods for variety, such as a pasta salad or a rice salad
- Consider soup in the winter
- Use butter/spread sparingly and choose low fat spread/butter
- Include brightly coloured, chopped vegetables
- Add salad to sandwiches and chopped vegetables to salads
- Select some low fat yoghurt
- Add a slice of malt loaf, banana bread, a plain sponge cake or a fruit scone
- Include chopped fruit or a piece of whole fruit

