



FIRS FARM PRIMARY SCHOOL

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5th June 2019

Healthy Packed Lunches

Dear Parents/Carers

As you may 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 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. Please find the new guidelines attached.

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, as of next week, we shall be introducing the policy gradually. We would like pupils who are having packed lunches, to begin to make changes to the healthier options, with all packed lunches following the guidelines by **24th June 2019**.

We will continue to work with pupils to help them to understand the need for the new traffic light system and the benefits that healthier eating will bring them. We will be running a packed lunch parent talk at **9am on the 13th June and at 3.30pm on the 18th June 2019**.

Thank you for support.

Kind regards

Mrs Hajilambi

