



Monday 15th January 2023

Dear parent/carer,

Re: Packed Lunches

As you may be aware, there is ever growing concern about the rising rates of health related problems in children due to their diet. At Sunnyhill, we take seriously our responsibility to help children learn how to lead healthy lives. Whilst we do not talk about foods being 'bad' we do talk about the food we should limit and eat in moderation. We give the children regular opportunities to have 'treats' through class parties and celebrations throughout the year.

Our school council has worked hard to support those who have packed lunch to make sensible choices. This was successful but we have noticed an increase in the amount of unhealthy foods that are being given to children for their lunch including chocolate, crisps and sugary drinks.

Where possible, we would encourage parents to opt for a school meal which will provide a nutritionally balanced meal which will help children to concentrate well and learn better. Under the Mayor's scheme, school meals are free.

If you choose to provide a packed lunch for your child, **no chocolate or sweets should be given to children and we are a water only school.** Please see the table below for recommended daily amounts of sugar and salt. Too much sugar and salt in children's diets can lead to very serious health complications later in life.

Age of child	Recommended amount of salt per day (NHS)	Recommended amount of sugar per day (NHS)
Aged 1- 3	No more than 2g	No guidance but sugar should be avoided
Aged 4 - 6	No more than 3g	No more than 19g
Aged 7 to 10	No more than 5g	No more than 24g
11 years +	No more than 6g (around 1 teaspoon)	No more than 30g

Please visit the NHS healthier families website for ideas for healthy options: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>. BBC goodfood also has some good suggestions: <https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>.

We will speak to children about their packed lunches if they are not appropriate. If your child comes to school with no healthy food, we will call you and let you know that we have given them a school meal.

We thank you for your support in this matter.

Best wishes,

Claire Trehwella

Deputy Headteacher and Leader of Inclusion



Artsmark Gold Award
 Awarded by Arts Council England

