



Lee Brigg Infant & Nursery School

Executive Headteacher: Miss Sarah Gordon

Head of School: Miss Laurabeth Kilkenny

Chair of Governors: Mr Andrew Emms

Lee Brigg, Altofts, Wakefield WF6 2LN Telephone: 01924 893829

www.leebrigg.wakefield.sch.uk Email: sgordon@watertonacademytrust.org

lkilkenny@watertonacademytrust.org

Tuesday 15th June 2021.

Dear Parents and Carers,

Packed Lunches

As a school, we encourage our children to learn about eating a balanced diet and the importance of drinking plenty of water so they are fit and ready to learn.

There is an increasing issue with childhood obesity in England and tooth decay amongst the under 7's. There is also a clear link between a high sugar intake and poor behaviour and concentration, particularly in an afternoon. As a school we want to continue to support parents as much as possible to make healthy choices for their children's meals. Our school meals offer a great choice and provide a range of nutritional meals each day, often healthier than many packed lunches brought in from home.

School kitchens have to adhere to very strict nutritional guidelines about what can and cannot be included in school meals. This includes any salt, sugar and saturated fats. All menus compiled by school kitchens must meet these standards and all recipes are scrutinised for their nutritional content before being passed to the kitchen. This means that although the children will sometimes have puddings, cakes or chips for example, these are sourced and cooked in a healthier way and are presented as part of a balanced menu over the week.

Unfortunately, we have noticed that some packed lunches brought to school contain a high number of sugary and high calorie content foods, so we are writing clarify our expectations on this.

The following items should not be included in packed lunches:

- Sweets and chocolate
- Chocolate bars
- Sweet cakes or sugary doughnuts
- Any bars containing nuts
- Drinks other than water (water is provided at lunchtime by school).

Examples of ideas for packed lunches can be found on the reverse of this letter.

Yours sincerely,

Sarah Gordon
Executive Headteacher

Laurabeth Kilkenny
Head of School



We're working
towards Artsmark
Awarded by Arts
Council England



Designated Safeguarding Lead: Miss S Gordon - Deputy DSL: Miss L Kilkenny - Safeguarding Governor: Mr A Emms
If you are worried a child is at risk of harm please contact either of the above or **Social Care Direct on 01924 303456.**

Copies of the Safeguarding and Child Protection policy can be obtained from the school office free of charge or downloaded from the website.



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Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:



1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes



Choose wholegrain



Use a thermos flask to keep pots warm



Get kids involved in the kitchen/food shop

2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- ✓ Apple, bananas, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



Add salad to your sandwiches



Use a thermos flask for delicious soups

3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese - hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



Choose low sugar dairy products



Reduce sugar in cheese plus yoghurt and have fruit on the side

4 Protein Foods

for growth and repair

Pack a protein punch!

Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans



Keep processed meat to a minimum



Choose oily fish like salmon once every 3 weeks

5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk - or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie



Milk, water or 150ml juice

Occasionally!

Meat products such as sausage rolls, pies, sausages

Plain cakes/sponges and biscuits of appropriate portion sizes



Pie/cakes occasionally

For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes

www.phunkyfoods.co.uk

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