



# East Garforth Primary School

*'Reach for the sky and one day we'll be flying'*

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11.12.09

Dear Parent/Carer

## Re: School Meals/Packed Lunches

East Garforth Primary School works closely with the local School Nursing Team, who regularly visit the school and monitor the health of our pupils. Some of you, especially those with children in Year 6, may have received a letter recently which provided feedback relating specifically to your child, particularly relating to height/weight and whether this is in the expected ranges for your child's age. I am aware that some of you may have been alarmed, and possibly upset, by the content of these letters and I would stress that it is important to maintain a sense of perspective. A balanced approach is required, especially at a time when children are particularly susceptible to media images of celebrities and models: the last thing we wish to encourage is eating disorders. Please contact the school nursing team if you require any further advice (0113 2863429).

However, without being alarmist, it is also important to realise that health issues that affect children and young people include obesity, tooth decay, anaemia, and diabetes. A long-term diet, high in salt, sugar and fat, and low in other foods such as fruit and vegetables, is likely to lead to diseases such as heart disease, stroke, and some cancers.

As you are probably aware, compulsory food-based standards were introduced in September 2006 in order to improve the quality of school meals. East Garforth Primary School fully meets these standards and you can be sure that if your child has a school meal that he/she will enjoy a delicious meal which is low in salt, fat, sugar and processed meat and contains more fruit and vegetables.

School meals are excellent value at £1.70 per day (£8.50 per week) for a two-course hot meal. You may not be aware that children are likely to be entitled to Free School Meals if your household income does not exceed £16,040 (including benefit) and you do not receive Working Families Tax Credit. You can apply on line at [www.leeds.gov.uk](http://www.leeds.gov.uk) and click on benefits.

Although feedback on our school meals is excellent and we have a very good take up rate, I would like to see this rise even more. I am enclosing a questionnaire, which I should be grateful if your *child* would complete and return to school. This will allow us to obtain important feedback on lunch arrangements from those who matter the most, the children.

We do understand that some children prefer to take a packed lunch. If this is the case we would encourage parents to ensure that snacks, crisps, convenience items, cakes and biscuits are kept to a minimum. Ideally fruit and vegetables would be included and whole meal bread used wherever possible.

Finally, I would also like to suggest the following websites, which you may find of interest:

- [www.nhs.uk/Change4Life](http://www.nhs.uk/Change4Life)
- [www.eatwell.gov.uk/agesandstages/children/lunchboxsect](http://www.eatwell.gov.uk/agesandstages/children/lunchboxsect)

I am sure you will wish to join us in promoting a healthier future for all our children and thank you for in anticipation of your support.

Yours faithfully

Tracey Rayner  
Vice Chair/Governor for Health and Catering

