



Kirkstall St Stephen's

Church of England Aided (VA) Primary School
Headteacher: Mr P Sheppard

Morris Lane
Kirkstall
Leeds
LS5 3JD

[http://www.kirkstall-st-stephens.leeds.sch.uk/
contactus@kirkstallss.net](http://www.kirkstall-st-stephens.leeds.sch.uk/contactus@kirkstallss.net)

T:0113 382 1960
F:0113 382 1961

Healthy snacks and packed lunches

Dear parents and carers,

A healthy diet is incredibly important, both to physical and mental well-being.

The government guidance to a healthy diet can be found here:-

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>

It states that these are the things needed for a healthy diet:-

- plenty of fruit and vegetables
- plenty of unrefined starchy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein
- some milk and dairy foods
- a small amount of food and drink high in fat, sugar and salt

As a staff, we are concerned by the increasing amount of sweets, crisps and other ultra-processed foods that are being brought to school daily by certain children as snacks, or as part of their packed lunch.

Can we also remind parents that children should bring in water and not juice to drink in school.

If we are concerned regarding the food a child has brought to school, we may stop the child eating this food and send it home. We may also have conversations with parents to remind them to support their child's dietary well-being.

Many thanks,

Phil Sheppard

Headteacher



This school is committed to safeguarding and promoting the wellbeing of all children, and expects our staff and volunteers to share this commitment."