

15th July 2016

Dear parents and carers

Every year the NHS collects data on children's health. They visit schools all over the country to measure children's weight and height in two year groups.

Kingsgate Primary School is the 6th highest in Camden for the number of children who are very overweight. At Kingsgate, in one year group 28% of children are very overweight, and in another year group 34% of children are very overweight.

If your child brings a packed lunch to school we highly recommend that you consider changing to school meals in the autumn term. The school meals are carefully controlled in terms of salt, fat and sugar content.

However, if you still want your child to bring packed lunch we have decided to adopt revised Camden guidelines on what your child can and cannot bring to school in their packed lunch.

A packed lunch should include:

A starchy carbohydrate food such as bread, pasta, rice, couscous

A portion of fruit

A portion of vegetables

A dairy (or soya alternative) food such as cheese, milk, yoghurt

A protein food such as a chicken, turkey, mince, fish, beans, chickpeas, eggs

Water

Milk is provided for all children



The following are not allowed in packed lunches:

Dairylee Dunkers or cheese strings

Pork pies or sausage rolls

Peperoni, salami or sausages

Chocolate, chocolate spread, chocolate pancakes, chocolate brioche or chocolate croissants

Biscuits or cereal bars

Cakes or pastries

Sweets

Crisps, baked crisps, mini cheddars, Sunbites

Fizzy or sugary drinks such as Ribena, Capri Sun, vitamin flavoured water, Fruit Shoot, fruit juice

Smoothies

No more burgers, chips, pizza, chicken nuggets even on Fridays. (When served as part of a school meal these are low fat and low salt.)

Best wishes

Liz Hayward

Headteacher