



Minutes of Parents' Forum 20.4.18

Present: Mrs Manning (Deputy Headteacher), 5 parents

Agenda item: Packed lunch consultation

New legislation surrounding food in schools will be implemented in 2020. This states that there needs to be a whole school approach to healthy eating. We need to be meeting the new guidelines before this. Mrs Manning has been working with School's Health UK to identify areas where the school is not yet compliant (even though we meet current guidelines) and look at ways forward. The main issue identified was the nutritional value of packed lunches.

Parents looked at information about what Ofsted will be taking into account in future inspections and the drinks that are permitted to be served in schools in England. This helped to inform future decisions which may be made in this area.

Current issues:

1. Sugar content in packed lunches.
2. Too much juice being consumed - above a child's recommended daily allowance (RDA).
3. Too many snacks per lunch box.
4. Not enough emphasis on the "main meal" part of the lunch.
5. Portion size, especially for the younger children.
6. Sweets being given as birthday treats.

Parents were in favour of:

1. Only water or water containing fruit (for flavouring) should be encouraged at school.
2. There should be a set of visual guidelines for parents to follow showing what should be included in lunch boxes.
3. Sweets should not be brought in for children's birthdays. Instead a donation to the class could be made eg: book could be donated to the class book corner.

Mrs Manning will draw up some written ideas to be sent to parents for further consultation.

Next meeting: Friday 11th May, 2:15.