



Stanford in the Vale CE Primary School

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Dear Parents

Healthy Lunchboxes

I understand that the healthy lunchbox slips are causing a lot of discussion between parents and on social media. My hope was, and still is that the slips will cause a healthy discussion between parent and child about healthy eating and the need to be sensible about what we eat to ensure a healthy lifestyle. I do understand that it can be difficult to get children to eat fruit, vegetables and healthy options but you are their parents and it is your job to give them the best life chances. Stanford in the Vale is a healthy / Eco school and it is our responsibility to promote and encourage healthy eating as dictated by the National Curriculum and these initiatives.

According to estimates from Public Health England, two thirds of adults and a quarter of children between two and 10 years old are overweight or obese. Obese children are more likely to become overweight adults and to suffer premature ill health and mortality, and by 2034, 70 per cent of adults are expected to be overweight or obese. This challenge will not go away.

Obesity increases the risk of a number of health issues, including heart disease, diabetes, musculoskeletal disorders, cancers, depression and anxiety.

So now, the Government has stepped in with advice to limit the amount of treats to two 100-calorie items a day amid growing health fears and they would like schools to help them tackle this issue by educating children on it.

This move rules out an array of popular packets of snacks, including crisps at 190 calories, pastries at 270, ice creams at 175 and chocolate at 240.

The advice from Public Health England says: "We've developed a simple rule of thumb to help families move towards healthier snacking... look for 100 calories snacks, two a day max."

Parents are urged to use the traffic lights guide on food packaging that indicates the levels of unhealthy products such as sugar, salt and fat.

We are not saying they can never give children a chocolate or biscuit ever again. But it cannot be a daily occurrence. If it is a daily occurrence they are going to be eating far more sugar than they need.

These are a selection of bad snacks as identified by Public Health England:

KitKat (21g) - 106 calories

Cadbury Dairy Milk Chocolate Bar (45g) - 240 calories

Tesco jam doughnut (70g) - 225 calories

Crunchie (40g) - 187 calories

McVitie's Club bar (22g) - 116 calories



Working Together, Achieving Together



Tracker Bar (37g) - 178 calories
Mr Kipling Bakewell Tart (47g) - 200 calories
Walkers Ready Salted Crisps (25g) - 132 calories
Kellogg's Nutrigrain Bar (37g) - 131 calories
Flame Grilled McCoy's crisps (27g) - 142 calories
Mars Bar (51g) - 228 calories
Cadbury mini roll (27g) - 115 calories
Monster Munch Grab Bag (40g) - 197 calories
Twirl (43g) - 230 calories
Mini Cheddars (25g) - 128 calories
Hula Hoops (24g) - 121 calories

These are a selection of good snacks as identified by Public Health England:

Jammie Dodger (single: 18g) - 77 calories
Twiglets snack bag (24g) - 94 calories
Cheesestring (20g) - 61 calories
Snack a Jacks (88g) - 89 calories
Mini Babybel (20g) - 61 calories
Jaffa Cake (single: 12g) - 46 calories
Metcalf's Popcorn (17g) - 77 calories
Fruit YoYo (20g) - 27 calories
Frubes (40g) - 36 calories
Tesco Chocolate Rice Cake (17.5g) - 84 calories
Muller Light Strawberry Yoghurt (175g) - 89 calories
Kellogg's Special K Cereal Bar (21.5g) - 83 calories

I know this is an emotive subject but it is vital that children eat healthily. It has been great to hear many children talking about the positive aspects of their lunchboxes. We have decided to create stars to put in those lunchboxes that are super duper healthy! I would like to thank you in advance for your support.

I have also attached the Eatwell Guide Booklet to help you.

Kind Regards

Amanda Willis

Headteacher