



EXCELLENCE • LEARNING • LEADERSHIP

KING RICHARD
SCHOOL

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Dear Parent/Guardian,

Eating a healthy diet helps children stay alert during lessons, fight off illnesses, and grow into strong, healthy adults. School children get up to half the food they need each day at school, which makes schools an important place for learning healthy eating habits. School food policies help schools provide children with foods and drinks that are part of a healthy diet. We have taken steps in our own provision of food at school to ensure that our tuck shop complies with Department of Education guidelines and provides an appropriate diet for our pupils to ensure they remain healthy and feel it is our duty to offer latest advice to support you if your child brings their lunch, or snack to school.

The Department of Education document '*School Food in England*' (Jan 2015) offers a framework for schools to adhere to but this makes no mention of packed lunches other than a suggestion that appropriate space and accommodation is provided for students to eat packed lunches. Therefore the school offers the following advice, if your child brings their meal to school, that will ensure they are receiving nutrition to keep them healthy and help their concentration to maximise their academic potential.

Drinks

Ideal options include water, pure 100% fruit juice, milk or yogurt-based drinks (with less than 5% added sugar).

Dairy

Yogurt/fromage frais, child-size pots vary from 50-100g.

Hard cheese like cheddar, approximately 15g-20g.

Soft cheese, approximately 20-25g.

Glass of semi-skimmed milk, approximately 150-175ml. (can be purchased from the tuck shop)

Calcium

Calcium is essential for bone-building. Good sources are milk, cheese, yogurt and fromage frais, as well as green leafy veg and canned fish.

Protein

Protein is important for helping your child to grow. It will also keep them feeling fuller for longer. Good choices include skinless chicken, oily fish, eggs and dairy foods, as well as beans and pulses for vegetarians. Give your child the amount they can fit in the palm of their hand.

Vegetables

Aim for two portions of fruit and veg, with at least one being veg or salad. Fresh, frozen, dried, canned or you can use a juice – they all count.

Starchy carbs

Such as bread, noodles, pasta, rice or potatoes. These are important for energy and should make up a third of their lunchbox – opt for wholegrain versions or, for sandwiches, try one of the high-fibre 'white' breads.

Fruit

The amount your child can fit in the palm of their hand – typically one small apple or banana, or three or four cherry tomatoes.

Storage

We are currently in the process of making a purchase of specific refrigerators to make sure that packed lunches can be stored in appropriate conditions.

We hope that this advice helps you understand the most recent advice on food choices and how to help your child receive the best nutrition whilst at school.

Yours sincerely,

Mr D Browning
Executive Principal



Service Children's Education



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