



Parent and Carer Comments from Food in School Survey Autumn 2020

There were 118 responses to our food in school survey.

Q1 Do you think certain foods should be banned or healthy eating encouraged?

Only 3 respondents felt that unhealthy food should be banned.

Development Points raised...	What we did/are doing about this...
<ul style="list-style-type: none">• A small treat is not a bad thing, it should be up to parents what children eat• High fat/sugary foods are on the school menu so why should children be banned from bringing them from home?• My daughter has asked to take sweets in her lunch box and I have said no and explained why. She was very upset because she said that her friends have sweets in theirs. A ban of sweets in lunch boxes would help. Also, she has asked to take juice in her water bottle because her friends do but I have said no and explained why water is the better choice.• As a general point, I wouldn't like to see certain items banned and other items deemed the virtuous foods. Eating well should be taught alongside sustainable physical exercise, mental well-being, emotional intelligence and self-love. In my opinion, that's how we build children up and actively start to put a stop to the mental ill health pandemic of our generation.• I think it should be up to the parent to decide what their child eats for lunch. Obviously if a child was bringing an excessive amount of sugar/fat every day it should be addressed.• We would not necessarily ban unhealthy foods in lunches entirely but there has to be a healthy balance. We wouldn't agree with drinks such as fruit shoots etc where it is generally known that children get hyper on these products!	<ul style="list-style-type: none">• We have reviewed and updated our Food in School Policy.• We will continue to promote and reward children for healthy choices.

Q2 Would you like further guidance what to provide in packed lunches?

Development Points raised...	What we did/are doing about this...
<p>N/A</p> <ul style="list-style-type: none"> • 90 responses answered 'No', the rest were left blank • List of items of what to avoid in term of nuts and allergies in packed lunches would be useful 	<p>Packed lunch leaflet sent home to all parents for support. Food policy reviewed and updated</p>

Q3 What is your opinion on food being brought in by parents/carers for celebrations?

100/118 responses were positive and felt this should continue in school

Positive Comments about this Question...	Development Points raised...	What we did/are doing about this...
<ul style="list-style-type: none"> • We should never, limit opportunities for kindness and generosity • Think it's lovely, my child enjoys it • Children may try new things • As long as it's a one off • Food is part of celebrating, no problems • Nice treat • Everything fine in moderation • Great idea! • Children enjoy this, shame to stop • Nice thing to do • Important part of sharing for children • If parents don't want them to have it they can make that decision • No issues as long as allergies and no nut taken into considerations 	<ul style="list-style-type: none"> • Unnecessary • Needs to be allergy safe • Should be banned with current COVID restrictions • Not a good idea due to hygiene, dietary requirements, best before dates • Some sweets ruin teeth • Children coming home with sweets too often, daily occurrence • Pressures on parents to do the same • Makes siblings argue! • Food allergies mean your child may miss out • Need to be Individually wrapped so COVID safe • Healthy options should be encouraged 	<p>Review and updated the Food Policy. This will continue in school.</p>

Q4 Comments on school Lunches

Positive Comments about this Question...	Development Points raised...	What we did/are doing about this...
<ul style="list-style-type: none"> • My child loves the hot lunches, he can't wait for them to come back! • I welcome the re-introduction of hot meals after October half term, as i feel this provides the opportunity for more variety and better nutrition than packed lunches. • They are varied and healthy • My daughter enjoys them • Keep school dinners exciting, keep those favourites, encourage healthy eating but have a balance • I think as long as they have a balanced lunch then there shouldn't be an issue. How much fat and salt are in school hot dinners? • Pleased hot dinners are restarting as its difficult when Juniors are offering hot dinners & Infants aren't as it means preparing different tea for each child. 	<ul style="list-style-type: none"> • School packed lunches have not been varied in content at all • Hot lunches are horrible with little focus on healthy eating. Mother's Day lunch was full of fat, sugar and carbs • Can children be given more control over things being put on their plate. For example, my daughter wouldn't have the breakfast wrap as it had beans all over and she hates beans. This wasn't a one off and kept happening. I understand there are lots of children to serve but children should be listened to and respected around food as they are in all other areas of school life. • The portion sizes were too small. • The few times I've been invited in for school lunches I saw that my children weren't eating much of it and to be fair each time the food was soggy. Hence why they now have packed lunch • I don't think the hot meal choices were very good. The packed lunches are better. • More sandwich choices • I would like to see some healthier puddings, since they have them daily with hot meals. • It's not a comment on the food, but I'd like to see the lunchtime staffing approach change, for example there are many stories of children not eating oranges, packets of raisins etc because they can't open them and no adult has offered to help. The same goes for self-serve vegetables. And when I visited last Christmas, the focus seemed to be on tidying away as quickly as possible. Young children need time, and sometimes encouragement, to eat and many were barely eating, when you combine their eagerness to play with the dinner ladies' eagerness to pack up. • Would be nice to have the option to do both school dinners and packed lunches especially on fays you know your child would not eat the meal - or more choices. • For thought to be given to the environment also, i.e. no red meat • We haven't received proper school lunches yet, only sandwiches. But from previous years I know the school lunches are tasty and healthy. • Crisps offered every day is there a healthier alternative? • I think adding carrot or cucumber sticks and a piece of fruit to school packed lunches would add a healthier addition. Maybe a yoghurt to replace crisps being offered everyday 	<p>Speaking to NCC and kitchen staff around the development points and will continue to monitor this</p> <p>Feedback to NCC</p>

Q5 Comments regarding food in wraparound care

Positive Comments about this Question...	Development Points raised...	What we did/are doing about this...
<ul style="list-style-type: none"> • Likes the food and needs the energy for long days • This has been brilliant! • My daughter loves all the food and it sounds healthy! • Loves it! • Healthy balanced • Happy 	<ul style="list-style-type: none"> • Could something more substantial be given? • Can I send in a lacked lunch to wraparound? • Unaware food provided! • Not great, lots of sandwiches at present • More than necessary so dinner was spoiled but other families glad of a large snack to keep them going! • More info please! • Currently not sure what given as can't come in due to COVID 	<ul style="list-style-type: none"> • Wrap around offer snacks not meals to our children. We have not got the staff or the facilities to offer any more than this at the current time • Weekly menus to be sent out /put on website • Parent surveys who use wraparound care

Q6 Any further comments

Positive Comments about this Question...	Development Points raised...	What we did/are doing about this...
<ul style="list-style-type: none"> • Happy for hot dinners to be back! • Culture of everything in moderation and children should know that healthy foods can also be delicious! 	<ul style="list-style-type: none"> • Fussy eaters should be considered who won't eat fruit or sandwiches! • Language about food is as important as a balanced diet 	<ul style="list-style-type: none"> • Points noted and food policy reviewed