Dear [teacher’s name],

Thank you for taking the time to reply to my previous email.

I’m worried about my child being exposed to this activity because of the potential unintended negative consequences.

I am raising my child to trust their body and eat a variety of foods, without feelings of worry, guilt or shame. Creating a competition for the healthiest lunch box, and praising what is packed can have unintended consequences, like children learning that some foods are ‘good’ and some foods are ‘bad’.This type of thinking doesn’t help children to confidently eat a variety of foods, and associating moral beliefs with food is a pathway to disordered eating.

I am packing a lunchbox based on my child’s individual needs, challenges and sensory preferences, as well as bigger factors, like what’s available or affordable in the supermarket. Children are not responsible for food purchasing decisions and it’s not fair to judge them based on what someone else has packed in their lunchbox.

I don’t want you to have to think about the types of food I’ve prepared or why I’ve packed them, and I don’t want my child to be judged on what they eat at school. Additionally, competing to be the “healthiest” is highly problematic and out of line with recent changes to the Australian Curriculum.

I appreciate that you have my child’s best interests at heart, and so I ask that you reconsider this activity. I would also like to ask you to avoid commenting on my child’s lunchbox.

I am happy to discuss this further with you by email or phone, or in person.

Thank you,

[Your name]