



Archdiocese of Birmingham  
**ST WILFRID'S CATHOLIC ACADEMY**  
QUEEN'S AVENUE, TUNSTALL, STOKE-ON-TRENT  
ST6 6EE

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8<sup>th</sup> June 2021

Dear Mums, Dads and Carers,

I write to draw your attention to healthy eating in school.

We have noticed that some children have been bringing crisps, chocolate bars and sweets into school to eat at break times. These items are **not allowed**. We would always encourage fruit or a cereal bar as a healthy break time snack.

We recognise that children enjoy treats in the form of sweets and crisps and will continue to allow these in moderation, at our end of term treat events.

Our school lunches always provide a healthy and balanced meal. I would like to remind you that in accordance with the food standards it is recommended that certain items of food are avoided, if possible, in lunchboxes. These will be:

- Fizzy, sugary drinks
- Chocolate bars
- Sweets
- Crisps
- Chocolate spread sandwich filling
- Jam as a sandwich filling
  
- Please note that a cake/biscuit is permitted as a pudding/dessert

As we have a number of children in school with a nut allergy, I would like to remind all parents that any nuts, or products containing nuts (i.e. Nutella), are not allowed in school at any time.

I trust in your continued support.

Yours sincerely,

**Miss. D. Lee**  
**Head of School**

