



Principal: Mr. N. Glover

Wednesday 7th February 2024

Healthy lifestyles – pupil lunches.

Dear Parent/Carer,

As part of our focus on promoting healthy lifestyles, both now and throughout their lives, we would like to send out a reminder of the importance of pupils having a healthy balanced lunch. A healthy diet can improve pupils' concentration, behaviour and attainment.

As a school we offer hot lunch meals every day at the cost of £3.10 or free if your child is entitled to free school meals or is in KS1 and Reception. We will always support our school lunches and believe they are good value for money, but we understand that parents may wish to provide a packed lunch instead. If you would like to find out if you are eligible for free school meals, please contact the school office.

If you choose to provide your child with a packed lunch, please see our guidance below.

Packed lunches should include:

1. At least one portion of fruit or vegetables every day (eg. apple, banana, carrot sticks, etc.)
2. A starchy food such as any type of bread, pasta, rice, noodles, potatoes (eg. A sandwich or roll with a healthy filling, pasta salad, etc.)
 - a. Healthy fillings can include meat, fish or other source of dairy/non-dairy protein.
3. A drink of water (still or sparkling), fruit juice (max. 150ml), semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies (max. 150ml). Please check sugar content of drink, especially smoothies.
4. If not part of the above, a dairy food such as milk, cheese, yoghurt or fromage frais every day.
5. A maximum of 1 'red label' item food item in addition to the above (please see food labelling below).

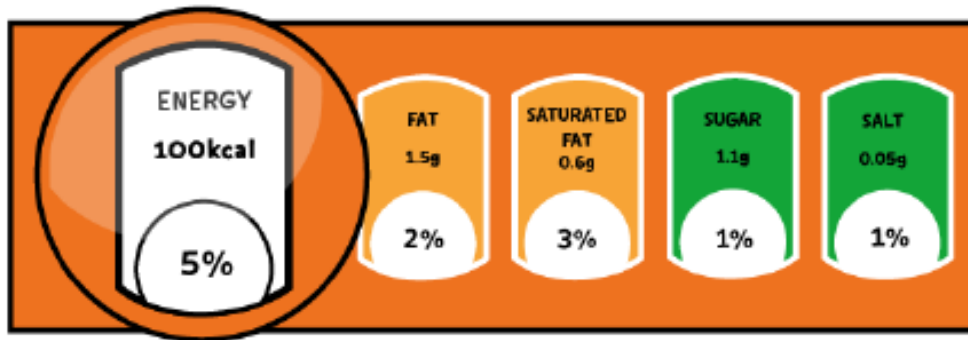
Packed lunches should not include:

- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets.
- Sugary or fizzy drinks and energy drinks



Food Labeling

Most food items are labelled to give nutritional information to help parents make informed choices about what their child eats. A 'red label' item is defined by having a high content of one of the four categories below.



We reserve the right to inspect lunch boxes, and items that we know negatively affect behavior and concentration, may be removed and returned at the end of the school day.

We appreciate your support in this matter and are happy to offer further advice if required. The following website is a useful source of information about packed lunches and food labeling.

<https://www.nhs.uk/healthier-families/>

Yours Sincerely,

Mr N Glover
Principal