



8th December 2020

PACKED LUNCHES



Dear Parents/Carers,

Part of our mission as a school is to teach the children about the importance of staying healthy in body and mind. At a very early age children are taught about the importance of eating a very healthy diet - not only is it important that they understand what types of food keep them healthy but the dangers of eating food which is unhealthy. The content of a child's lunchbox should always reflect the diet we hope as families you provide for them. Whilst the following is not an exhaustive list it will help you to prepare your child's lunch –

CARBOHYDRATES

Sandwiches on bagels bread or buns
Crackers - wheat thins
Mini Rice Cakes
Homemade breads
Granola or cereal bars
Cold pasta salad

DAIRY

Cheese – cut in to shapes
Cheesestings
Cream cheese and jam sandwiches
Yoghurt
Yoghurt tubes
Smoothies

MEATS / PROTEINS

Lunch meat roll-ups
Cold chicken
Hard boiled eggs
Hummus with vegetable dippers
Lunch meat sandwiches

FRUIT / VEGETABLES

Strawberries
Raspberries
Blueberries
Blackberries
Watermelon
Kiwi
Banana (peeled and sliced)
Apples (decored and sliced)
Baby carrots
Cucumber
Celery

SNACKS

Fruit bars
1 Digestive biscuit
Cake Bars
Fruit winders

Staff are instructed to speak to a child's class teacher should they have concerns about the contents of a child's lunchbox. It is very important that the children see the school and parents / guardians working together for their best interests. One of the most powerful ways we can do this is through food. If for any reason you would like to discuss this further with me, I would ask that you make an appointment through the school office. Thank you for your continued support.

Yours sincerely

Charles Soyka
Headteacher