



Walking in the footsteps of Jesus with our Christian family, we learn, grow, achieve and flourish together in God's love.

May 2022

Dear parents,

HEALTHY SNACKS AT BREAK TIME AND HEALTHY PACKED LUNCHES

We have always strived to be a healthy school which teaches children about the importance of sports, nutrition and the 'Eat Well' Plate. Children who have school lunches through Lancashire catering, have the peace of mind that their meals comply with many nationally recognised awards in order to make sure our school dinners are nutritious, locally sourced and balanced.

However, we have noticed this term an increasing number of pupils who are bringing high sugar content items in their packed lunch. So we would like to ask for your help in ensuring the messages of healthy food choices that we teach in school are also represented in their lunch boxes.

So, in relation to snacks for mid morning break, can I remind you of the options available for your child to choose. They can order a slice of toast for 20p (ordering in advance for class 1 and ordered on the day in class 2,3,4) **OR** they can bring a healthy snack to have a morning break. The healthy snacks we suggest are similar to the following:

- Piece of fruit
- Box of raisins
- Simple cereal bar (not one with chocolate or nuts)
- Handful of grapes etc. appropriate portions of blueberries

It can quickly become a concern when one child brings in one, or more chocolate bars or packets of crisps into school as snacks or in their lunchbox. It's worth mentioning too that if your child brings a packed lunch, that they know what their snack item is, so that they don't eat part or all of their lunch at the wrong time. We don't want any child to feel hungry.

Children are encouraged to bring into school water in their water bottles rather than fruit drinks or cordial. Fresh cold water is available throughout the day. If you child has a flavoured drink in their lunch box, this should be consumed at lunch time.

May I also take the opportunity to remind parents that we aim to be a nut free school due to a number of individuals in school with severe allergies. So please don't send anything with your child, either as a snack or in their lunch box that could contain nuts for the safety of others.

So in planning for after half term, we would be grateful if you can support us in this endeavour. Our staff will monitor this and offer advice to children who continue to bring unhealthy snacks or lunches into school and may contact you to see if we can support you in making those healthier choices in the future.

Thank you for your support.

Mrs Moxham

Mrs A Moxham
Head Teacher