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HEALTHY PACK LUNCHES

Dear Parents and Carers,

Whilst joining the children in the hall at lunch time it has come to my attention that some of the options that are being provided for children at lunch are not always the healthiest of choices. We are a healthy school and we try hard to educate the children about healthy choices and we would like you support with this. A healthy lunch can also support your children's learning during the afternoon. Research shows that children who eat fruit instead of crisps, have less sugary foods and drink water are able to concentrate for longer periods of time.

There are lots of ideas at: <https://www.nhs.uk/change4life-beta/recipes?filter=lunchbox>

This website offers a variety of ways to help your children make healthier choices and gives you many ideas how to swap sugary snacks for a more healthy option. This letter is available on the website so you can follow the link.

We hope to see in Term 5 lunch boxes that provide some more healthy options for your children.

Thank you for your support with this matter.

Kind regards

Tina Oakley
Head of School

A Learning Ladder for Life



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