As a school we are trying to promote healthy eating.
Eating a healthy nutritional meal at lunch time will help improve a child's concentration and ensure that they have enough slow release energy foods throughout the day.

From September we are introducing new lunch box guidelines which are stated in our Packed Lunch statement.

Packed Lunches: What to Bring

Packed lunches should always include:

- At least one portion of fruit or vegetables every day for vitamins and minerals
- Something substantial consisting of a starchy food every day for energy and concentration e.g. any bread, wrap, chapatti, pasta, rice, noodles, potatoes
- Meat, fish or another source of non-dairy protein e.g. eggs, lentils, kidney beans, chickpeas, hummus

And / Or

- Dairy food e.g. milk, cheese, yoghurt, fromage frais or custard

Drinks:

- A drink of water (provided by the school), pure fruit juice, semi-skimmed or skimmed milk or a smoothie should be provided daily

Snacks:

- Only **one** of these items is allowed daily:
  One small cake or
  One biscuit or
  One small bag of crisps or
  One chocolate spread or jam sandwich

These foods should only be eaten occasionally as part of a balanced meal.

Packed lunches should NOT include:

- High fat savoury snacks such as sausage rolls, pasties, and fried samosa.
- High sugar confectionary and fat snacks such as chocolate bars and sweets.
- Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.

Your child will also be given a healthy packed lunch leaflet with ideas for healthy nutritional meals. If you would like further information and recipes please see the school website and follow the links to 'Healthy Eating'. The leaflet can also be found on the school website.