

20<sup>th</sup> September 2016

Dear Parents

**Re: Packed Lunches**

As a Healthy School Award holder we are charged with ensuring that where children bring in a packed lunch that these are monitored and that school rules provide direction in this regard. I would remind parents that school packed lunches **MUST NOT** contain:-

1. Nuts (this is a nut free school).
2. Chocolate bars/biscuits or sweets.
3. Fruit squashes – only water is permitted.

Yogurts and smoothies are permitted in tubs or drink form. **However**, these must not include chocolates or sweets. Any type of fresh fruit is encouraged.

Please be sensible with portion sizes, i.e. small bottles of smoothies, a small bag of crisps. Please note any items not permitted but found in lunchboxes will be returned home unconsumed.

Your co-operation in regard to this issue is appreciated.

Yours sincerely

Mr C Andrew  
Headteacher