



Mr Mark Griffiths
Headteacher

With God, all things are possible.

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10th September 2026

Dear Parents and Carers,

Healthy Packed Lunches

We would like to remind families about the importance of providing healthy, balanced packed lunches for children coming into school.

A nutritious lunch helps children to stay focused, energetic and ready to learn throughout the afternoon. We encourage packed lunches to include a good variety of foods, such as sandwiches or wraps, fruit and vegetables, yoghurt or another dairy option, and water or another suitable drink.

Please do not include **large chocolate bars, sweets and other high-sugar treats** in lunchboxes. While an occasional treat is understandable, large chocolate bars provide a significant amount of sugar and are not necessary as part of a healthy school lunch.

Some simple alternatives could include:

- Fresh or dried fruit
- Vegetable sticks
- A sandwich, wrap or pasta
- Cheese or yoghurt
- Crackers or another suitable savoury snack
- Small biscuit or treat

Important reminder about allergies and choking hazards

Please remember that, in line with our Food and Nutrition Policy (this can be found on our school website), we do not allow nuts or grapes in school due to allergies and choking hazards.

We appreciate your support in helping us to keep all children safe and to promote healthy eating habits across our school community. Thank you for your continued support and cooperation.

Kind regards,
Mr Griffiths



Truth - Fairness - Justice - Joy