

HEALTHY LUNCH BOXES



As a school we promote a healthy lifestyle to all the children, the food content of a lunchbox is a part of this. Many parents mistakenly imagine that a packed lunch is the healthiest option. In fact it is far easier to get the necessary nutrients into a cooked meal. Only 1% of packed lunches meet the nutritional standards that currently apply to school foods.

To help us maintain a healthy lunchbox we request that parents keep foods such as chocolate, crisps and sweets for a treat at home. Make sure your child has a healthy balanced lunch with a piece of fruit included each day.

All children must be provided with a drink. We encourage them to drink as much water as possible, throughout the school day. Drinks must be brought in a suitable container. We do not allow any cans or Fizzy drinks.

Please do not give your child/children too much food to eat at lunchtime. As their parent you know your child's appetite.

Please make sure your child's lunchbox is named and of a suitable size.

Thank you for your continued support.



Awarded 2015 to 2017