



October 2025

Dear Parents and Carers,

This week, our theme for the week at lunchtime has been "Healthy Lunchboxes".

Over the past half term, we have noticed an increase in the number of lunchboxes containing high amounts of processed, sugary snacks and drinks. While we understand the challenges of busy mornings and picky eaters, we want to work together to make sure that what students eat during the school day helps fuel their bodies and minds in the best possible way.

A healthy lunch is important to children in many ways. It can help children to; stay focused and engaged in class, maintains steady energy levels throughout the day, and helps to develop positive habits around food and nutrition.

Good lunchbox choices could include:

- Fresh fruits and vegetables
- Wholegrain sandwiches, wraps, rice or pasta
- Protein sources like lean meats, cheese, eggs, beans, or hummus
- Water or milk instead of sugary drinks
- Healthy snacks like yoghurt, popcorn, or wholegrain crackers

Please talk through these options with your child and try and include them in their lunchbox.

We understand that occasional treats are part of a balanced life, and maybe you could consider only having a packet of crisps twice a week in the lunchboxes.

There are however some items that really must not be in lunchboxes. Please refrain from putting sweets, lollies and solid chocolate bars in. A Kit-Kat or club biscuit for example would be fine as an occasional treat. We also have some children and staff with serious nut allergies, therefore any nut products, including Nutella or Hazelnut Chocolate Spread must not be in lunchboxes.

Thank you for your continued support in creating a positive and health focused learning environment for all our children.

Many thanks

Mr M Gresswell
Deputy Headteacher



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