

South Marston C of E Primary School

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“Encourage one another and build each other up” 1 Thessalonians 5.11

Dear Parents/Carers,

As we know, from research undertaken by the School Food Trust, eating a healthy breakfast and lunch can positively affect children’s behaviour in the classroom. You will also be aware, there is increasing concern about rising rates of obesity and related health problems in children.

At South Marston, it is part of our responsibility to help our children learn how to eat healthily – this includes what should be included in their lunchboxes or cooked lunches.

To help us educate our children, we would like to remind our parents and carers of what constitutes a healthy packed lunch. Since returning, a number of children have been sent into school with food items within their lunches that we would deem inappropriate.

We understand that whilst some pupils already have fairly healthy packed lunch (and for this we thank you), some families still require reminding what you give your child to eat in their lunch boxes. Information on what food items we would like to see in your child’s lunchboxes can be found through the following links -

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#4qWEXRPPUE4hRhPb.97>

<https://www.bbcgoodfood.com/recipes/lunchbox-snacks>

<https://www.sugarsmartuk.org/>

Children in Early Years and Key Stage 1 receive a piece of fruit or vegetable each day as part of their snack/break time. Children in Key Stage 2 are required to bring a healthy snack into school (fruit or vegetable). Children will not be allowed to eat items such as cereal bars covered in chocolate.

Parents need to ensure that no fizzy drinks, sweets or chocolate are sent to school. Due to the risk of allergies, it is requested that foods containing nuts are NOT brought into school at all, including as part of a packed lunch.

Should you have any questions regarding this advice, please do not hesitate to contact the school.

Kind Regards,

Mr Mason Conlan
Assistant Head Teacher

