



# Wheatcroft Primary School



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Dear Parents & Carers

## School Meals

As you are aware the School strives to be a Healthy School. We are fortunate enough to be able to offer a free break time snack of fruit or vegetable to our Foundation and Key Stage 1 children. These children are also entitled to a choice of four different healthy lunch options, again free.

It has become apparent that some older children who do not have a regular school meal and are bringing in their own packed lunch do not adhere to the school's rules as to content for Lunch or snack. There have been an increasing number of sweets, chocolate bars and fizzy drinks appearing. In this respect, as a reminder, we are indicating below the items that are not permitted for snack and lunch boxes. The lunchtime staff have been asked to ensure that the children adhere to this guidance. Other items will be returned home if they appear.

Children may bring a packed lunch in a single plastic container which should be clearly marked with their name. Drinks should be in cardboard cartons (not fizzy) or plastic bottles or flasks (no tins, glass bottles of squashy bags please). Water is available throughout the day. Children are allowed to bring in a piece of fruit to eat at break times. This needs to be wrapped separately from any packed lunch. Oranges should not be provided as they prove to be somewhat messy for children to eat in school. Parents should note that packed lunches are stored in the classroom and not refrigerated. Please be careful that none of the lunch 'leaks' or melts!

We ask that you do not include sweets or chocolate bars in packed lunch boxes. **We also ask you to exclude nuts or products with nuts as we have Children and Staff in school with nut allergies.**

Healthy lunch choices also feature in the Change 4 Life documentation which we have circulated previously, a link can be found on the school website. You may also wish to consider the school meals option or review the menu available for ideas for your child's lunch box. We look for your cooperation in ensuring your child's lunch meets the requirements expected.

Please ensure that your child always has a water bottle in class and that this only contains water with no additives such as squash or flavourings.

## Lunchtime Supervisory Staff

We currently have some hours available at lunch time for a Mid-day Supervisory Assistant. If you believe you might enjoy this rewarding and important work and have a few lunchtimes available, please pop in to the office for further information.

Yours sincerely

Headteacher