



Packed Lunches at school

Please see the links below for ideas for packed lunches:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>

<https://realfood.tesco.com/curatedlist/lunchbox-ideas-for-kids.html>

Packed lunches should be wholesome and healthy.

You should try to include:

- Starchy Foods - These include bread, rice, potatoes, pastas and others.
- Protein Food - These include meat, eggs, beans, fish and others.
- Vegetables or salad, and a portion of fruit.
- A Dairy Item - This could be yoghurt or cheese.

Lunch boxes must be clearly marked with your child's name and contain their lunch time food only. **Please do not include nuts of any kind, sweets, chocolate bars or fizzy drinks in your child's packed lunch.** A drink of water is provided for all children who eat their lunch at school.

We request that you do not send items containing nuts into school as this is very dangerous for some of our pupils with a nut allergy.

Eating, touching or even smelling the breath of someone who has eaten nuts can trigger a life threatening allergic reaction in a person with a nut allergy.

Please check the labels of all food items that you send into school and avoid any nut containing products, for example:

- Peanut butter
- Chocolate nut spreads eg Nutella
- Some cereal, granola and Naked bars
- Cakes or biscuits that contain nuts
- Sauces or dishes that contain nuts such as satay

We know that you will understand the importance of this and thank you for helping us to keep all our children safe.

Drinks at School

Our policy is that the children may bring in bottles of tap water only, to ensure that they are hydrated at all times which helps them to learn. No other drinks are allowed, hot or cold, and this is the same for all children. We are also happy for children to bring in empty bottles which we can fill from our water fountains.