

Packed Lunch Guidelines

Some parents may prefer their children to have a packed lunch from home. Below are some helpful guidelines for school packed lunches.

- Lunches should be brought in a small, clearly named lunchbox. We have limited storage space, so please do not send in large rucksacks.
- Please remember to send a drink (not fizzy).
- Children should have sandwiches or some sort of savoury content to their packed lunch.
- If you don't want children to eat crusts on sandwiches, please cut them off when you prepare them.
- If you are sending a yoghurt or pasta salad, please remember to include a spoon.
- Please do not send in anything containing nuts and nut products as we have children in school with very serious nut allergies.
- Snack biscuits are fine, but please try to avoid sending in packets of sweets or large bars of chocolate in packed lunches.
- Our school lunches are nutritionally balanced – please try to make your child's packed lunch healthy and well-balanced, and be mindful of providing protein, fruit/vegetables, carbohydrates and dairy products.
- Try to give packets of crisps as an occasional treat rather than a daily event, or just put a few in a container or bag.
- Try to give children food in packaging they can cope with independently.
- Please do not send in hot soup.
- Please be aware that children bring home all that is left in their lunchbox. If your child is leaving a lot of food it might be that you are giving them too much. Sometimes parents complain that their children are rushed and don't have time to eat. All children have 25-30 minutes to eat. They should be able to get through their packed lunch in that time. We have two sittings for dinner.

Please give boxes and containers a good wash each night to avoid hygiene problems. If it is very hot, include a small ice pack in the lunchbox.

Remind your child to wash their hands before lunch – this is the practice at school. We are also trying to encourage children to wash hands after lunch to avoid contact with children who have allergies.

We are a healthy school and would encourage you to help us guide your child into eating healthily.

Thank-you for your co-operation and support.

Mr C K James Headteacher