

Mission Statement Motto: *Building relationships with God and each other, working hard in faith and hope to give our best in all things*

HOLY CROSS CATHOLIC PRIMARY SCHOOL

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Headteacher: Mrs Sandra Power BA(Hons) NPQH



Thursday, 9th November 2023

Dear Parents/Carers

Healthy Eating Packed Lunch

At Holy Cross Catholic Primary School, we understand the importance of investing in health to assist in the process of raising levels of pupil achievement and improving standards. We are a healthy eating school and expect all our families to support this by following the advice below:

We have noticed an increasing number of unhealthy choices in children's lunch boxes, and we would like to remind our parent and carers about providing a healthy packed lunch.

Children should have a 'balanced' meal, which is a suitable size for the age of the child. Some healthy choices we suggest are:

- A portion of starchy food – wholegrain roll, savoury roll, sandwich, tortilla wrap, chapatti, pitta bread, crackers, pasta or rice salad;
- A portion of lean meat, fish or alternative – chicken, ham, beef, tuna, egg, beans or hummus;
- Plenty of fruit or vegetables – apple, banana, satsuma, cherry tomatoes, carrot sticks, cucumber, small tub of fruit salad or grapes;
- A portion of dairy food – cheese strings/triangles, babybels, yoghurt or fromage frais;
- A drink – milk, fruit juice (not fruit shoots), yoghurt drink or bottle of water.



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We understand that not all children like sandwiches/wraps. You may wish to try alternatives such as providing lots of little options for your child; some children do prefer this.

Children must not have crisps, cakes, chocolate bars, fizzy/energy drinks or bags of sweets in their lunch boxes.

Please be aware that we have children in school with severe nut allergies and therefore products such as CHOCOLATE SPREAD, PEANUT BUTTER or any other products containing NUTS are strictly prohibited.

Parents should be aware that we regularly monitor children's packed lunches and eating habits at lunchtime and lunchtime staff will communicate with class teachers if they become aware of any child who is not eating enough or is bringing a packed lunch which does not follow our school expectations.

We want our children to establish healthy eating choices from a young age and appreciate your support in fully implementing this policy. If you have any queries or would like further advice, please speak to your child's class teacher. Thank you for your co-operation in this matter.

Yours sincerely

Mrs S Power
Headteacher



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