

Thursday 7th November 2024

Dear Parents and Carers,

Snacks and Lunches

I hope this letter finds you well. At Henley in Arden CE Primary School we are committed to supporting the health and well-being of every child, and as part of this commitment, we have a strong focus on promoting healthy eating. Recently, we have noticed an increase in the number of unhealthy items being brought into school as snacks and in lunchboxes. Items such as crisps, sweets, and sugary drinks have become more frequent, and I wanted to reach out to ensure we all understand the importance of healthy eating and how it aligns with our school expectations.

A nutritious diet is crucial for children's growth, concentration, and energy levels. Healthy eating supports their ability to learn and participate fully in school activities, setting the foundation for a lifetime of healthy habits. We work hard to ensure that our school meals provide balanced nutrition, and we encourage the same standards for snacks and packed lunches brought from home. This includes fresh fruit, vegetables, whole grains, and healthy proteins, along with water or milk as the preferred drinks.

Additionally, I would like to remind you that we are a nut-free school. We have several children with severe nut allergies, and exposure to nuts can have serious health consequences. For the safety of all, please ensure that no nut-containing items are included in your child's snacks or packed lunch. This includes items like peanut butter, nut-based granola bars, and any other products containing nuts.

We kindly ask for your support in avoiding items high in sugar, salt, and processed fats in your child's snacks and lunchboxes. Please help us to create an environment where healthy choices are the norm, as these choices positively impact every aspect of a child's day.

Thank you very much for your cooperation in helping us support the health and well-being of all our children.

Kind Regards

Mrs Kate Adcock
Headteacher