

Tanworth in Arden Academy Trust

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Tanworth in Arden Church of England
Primary School & Nursery

08 September 2017

Dear Parent/Carer,

Some children at Tanworth-In-Arden opt to bring a packed lunch instead of having a school meal. Whilst I would always encourage pupils to have a healthy school meal and will always support our lunches as good value for money, I do understand that some parents may wish to provide a packed lunch from home.

With this in mind, and in line with our drive to encourage our children to have a healthy lifestyle, both now and when they are older, we are asking you as parents to support us in ensuring that the lunch you provide follows some healthy guidelines set out below.

Lunchboxes should include:

- At least one portion of fruit (e.g. small apple, grapes (cut in half lengthways), dried fruit, cherry tomatoes) should be included each day.
- At least one portion of vegetables (e.g. carrot sticks, cucumber, celery) should be included each day.
- Meat, fish or other source of non-dairy protein (e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus and falafel) should be included each day.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes) should be included each day.
- Dairy foods such as milk, cheese, yogurt, fromage frais or custard should be included each day.
- Drinks should be water, pure fruit juice, semi skimmed or skimmed milk, yoghurt or milk drinks (avoid high sugar ones) and smoothies.

At Tanworth-In-Arden we encourage healthy, balanced lunch boxes so we want you to as much as possible to avoid:

- Confectionery such as chocolate bars, chocolate coated biscuits and sweets (alternatives include small cakes, shortbreads and flapjack or plain biscuits)
- Lunch boxes should not regularly include items such as cooked sausages, sausage rolls, chipolatas, corned meat, individual meat pies as these are high in fats and salts.

Packed lunches should not include:

- Fizzy drinks, drinks with added sugar or sweeteners.
- Flasks, drinks in glass bottles or ring pull cans.
- The remains of the previous day's take-away/hot food (due to health and safety guidelines).
- Products that contain nuts.

Special diets and allergies

· The school recognises that some pupils may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example, a diabetic child may need to bring an emergency sweet snack to school. In these cases, parents and carers are responsible for ensuring the food from home is specific for the child's needs.

I hope I can count on your full support for this, and help us to ensure that your children have the best possible life chances, now and in the future. If you have any questions at all, please don't hesitate to get in touch.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'S Bamford', written in a cursive style.

Mrs Shelley Bamford
Headteacher