

6<sup>th</sup> December 2023

Dear Parents/Carers

Further to parental feedback in our recent survey and some difficulties reported by staff in school, I am writing to clarify a few matters related to school catering, packed lunches and break time snacks.

School kitchens must adhere to very strict nutritional guidelines about what can and cannot be included in school meals. This includes any salt, sugar and saturated fats. All menus compiled by our catering team must meet these standards and all recipes are scrutinised for their nutritional content before being passed to the kitchen. This means that although the children will sometimes have puddings, cakes or chips for example, these are sourced and cooked in a healthier way and are presented as part of a balanced menu over the week. We understand that it is sometimes hard to explain this to children, who may see their friends as being allowed to have something in school dinners that they are not having as packed lunches; however, the kitchen staff can control the sugar, salt and fat content at school in a way that we cannot do with packed lunches.

Through previous communication and information on the school website, we have tried to ensure that packed lunches are of a similar healthy standard to school meals, but we recognise that it can be difficult to navigate the array of different types of foods and to ensure variety in packed lunches. Foods not permitted in packed lunches:

- Nuts and chocolate spread containing nuts (to safeguard those with allergies)
- Fizzy drinks
- Sweets and chocolate bars
- Hot food

Please note that cakes and biscuits or a small chocolate bar are allowed in packed lunches – but only 1 of these per day. Parents and carers can find a reviewed copy of the 'Packed Lunch and Snack Guidance' including with this letter and on the school website.

For break time, KS2 (Junior) children may bring in a healthy snack of fruit or vegetable sticks. Children may not bring in: crisps, chocolate bars or sweets.

EYFS/KS1 children (Infants) are provided with a piece of fruit for their break time snack and therefore they do not need anything from home.

If you have any individual concerns you wish to discuss, please do not hesitate to contact Mrs. Webber (School Business Manager).

Yours Sincerely,  
Mrs. Murfin  
Headteacher