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'Healthy Lunchboxes'

Wednesday 23rd September

Dear parents and carers,

The children are settling well back into school routines. At lunchtimes, we are working hard to ensure all of our pupils have enough time (and food 😊) to eat, ready for their active, learning afternoons.

Over the last couple of weeks, **I have noticed some sugary snacks making their way back into a number of pack-ups.**

We are a part of the 'Food for Life' partnership and our 'School food policy' (please see our school website) sets out the guide for what children are able to have as part of their lunch, if brought in from home.

I thought it may help to set this out below...

Children should NOT have:

- any confectionary... NO icing-coated or cream-filled biscuits or cake
NO processed fruit bars, sweets, chocolate and products coated in chocolate

Children CAN have:

- cereal bars, Cake or biscuits with lunch BUT these must be plain or with dried fruit, e.g. blueberry muffin
- Savoury crackers and breadsticks, as part of their packed lunch.

Please see me if you are unsure.

Very best of wishes,

Mr Clark & the TAIS Team

