

Dear Parents and Carers

At Peel Hall Community Primary School we want all of our pupils to go further than they thought possible and become the best that they can be. By working together we can achieve greatness, but to do this we need your help.

As we know, from research undertaken by the School Food Trust, eating a healthy breakfast and lunch can positively affect children's behaviour in the classroom, which in turn will positively affect their learning. You will also be aware, there is increasing concern about rising rates of obesity and related health problems in children.

It is part of our responsibility to help our children learn about how to eat healthily. To help us educate our children, we would like to remind our parents and carers of what constitutes a healthy packed lunch or snack.

There have been a number of occasions that children have been sent into school with food items for their snack or within their lunches that we would deem inappropriate. Parents should ensure that **'no fizzy drinks, sweets or chocolate'** are sent into school.

There is also a rising number of children coming into school late in the morning, eating pasties or pies. Parents should be aware that if children come into school eating such things, parents will be required to wait with their child until they have finished eating. Bagels are served to all children, each morning so there will always be something for our children to eat, if they have not had time to eat a healthy breakfast at home.

We would also like to remind you that children should have water in their water bottles in the classroom. If they would like some flavour in their bottle, then flavoured water could be used. **Please do not put juices or squash in the bottles.**

Attached with this letter are a number of leaflets which will provide additional information about healthy lunches and lifestyles.

To clarify, packed lunches and snacks can contain anything so long as there is no:

- Nuts (to safeguard those with allergies)
- Fizzy drinks
- Sweets and chocolate bars

Please note that:

- Cakes and biscuits are allowed – but only 1 of these per day

We trust that parents will support us as we try to encourage the pupils at Peel Hall to become the healthiest versions of themselves. If any items of snack or lunch have been brought into school, which are not permitted, your child's class teacher will remove this and keep it safe until the end of the day when it will be returned.

If you have any questions or queries, please contact the school office.