



Thursday 12th October 2023

Healthy eating in school

Dear Parents / Carers

Healthy Eating in School

We are promoting Healthy Eating in school and would like to remind you of the guidelines we have for food and drink being brought into school.

Several children in school have been bringing in drinks in 'Prime' bottles we know this is an energy drink which is presently being heavily promoted. **Energy/sports drinks are NOT PERMITTED in school**. Also please do not send your children into school with Energy Drink Bottles which are being reused for water or juice.

We are also noticing that the snacks and lunch boxes some children are bringing into school are becoming increasingly unhealthy. Please open this link for some ideas for healthy lunch boxes [Healthy lunch box and snack ideas](#). Please do not send your child into school with chocolate bars and sweets.

NUT FREE SCHOOL- I would like to remind you that we are a nut free school. We have several children and adults in school who have a severe nut allergy. Coming into contact with nuts or nut products i.e. peanut butter, whether through touch, ingestion or through airborne particles could be life threatening for these persons. If your child has had any nut product before coming to school, please ensure they wash their hands after eating to alleviate any nut contamination through touch.

We appreciate your support and understanding with the above

Vanessa Rattley
Office Manager and Headteachers PA

