



Little Heaton CE Primary School

Boardman Lane, Rhodes, Middleton,
Rochdale, M24 4PU



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Headteacher: Mrs S Hamer **Deputy Headteacher:** Mrs M Ansbro

Tuesday 26th March 2024

Dear Parents and Carers,

RE: HEALTHY LUNCHES

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. You will also be aware, there is increasing concern about rising rates of obesity and related health problems in children.

At Little Heaton CE Primary School, it is part of our responsibility to help our children learn how to eat healthily – this includes what should be included in their lunchboxes or cooked lunches. To help us educate our children, we would like to remind our parents and carers of what constitutes a healthy packed lunch.

Whilst some pupils already have a healthy packed lunch (and for this we thank you), there have also been a number of occasions that children have been sent into school with food items that we would deem inappropriate.

Information on what food items we would like to see in your child's lunchboxes can be found through the following links:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#4qWEXRPPUE4hRhPb.97>

<https://www.bbcgoodfood.com/recipes/lunchbox-snacks>

<https://www.sugarsmartuk.org/>

Parents need to ensure that no fizzy drinks, sweets or chocolate are sent to school and that your child has a spoon / cup if these are needed. Due to the risk of allergies, it is requested that foods containing nuts are NOT brought into school at all, including as part of a packed lunch'. Should you have any questions regarding this advice, please do not hesitate to contact the school.

Kind regards,

Mrs S Hamer

Headteacher

