



St James' Church of England Primary School, Haslingden

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Dear Parents

Re: Contents of Lunchboxes

I am writing to express my concerns regarding the contents of many of the children's packed lunches. It has been noticeable this year that the lunchboxes contain unhealthy, excessive choices for the children.

Children need a healthy lunch to be able to play, learn and have the energy to pay attention in lessons in the afternoon. As a school, we provide milk (for the younger children), fruit and toast as a snack. We offer a breakfast club with healthy options too – only £1.50 per day. Children who have a school lunch also have a healthy choice which is calculated for its various dietary contents to ensure it is healthy and nutritious.

We have noticed many concerning items – chicken nuggets and chips, chocolate (multiple bars), sweets, large bags of crisps, chocolate cakes, croissants, etc. All of which are unhealthy choices.

From January, we will be monitoring lunchboxes closely and request that children have the following contents (please also note the items which are not allowed):

Healthy Choices	Items which are not allowed
<ul style="list-style-type: none">• Main item should be a sandwich, wrap, pasta salad, etc – please do not include chocolate spreads, etc in sandwiches• Fruit or vegetables/salad• Yoghurt• Health bar, one biscuit• Water or sugar free drinks• Lo fat snacks instead of crisps	<ul style="list-style-type: none">• Previously cooked items such as nuggets, chips Chocolate bars• Sweets of any kind• Fizzy or sugary drinks (including energy drinks)• Cakes or treats with high sugar or fat content



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| | <ul style="list-style-type: none">Any items which are deemed unhealthy, e.g. chocolate mousse pots, high fat items, etc |
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Please note, we are now a nut free school so do not send any items containing nuts in for either snacks or lunches.

We look forward to encouraging our children to make the right dietary choices and to seeing lots of colour in the lunchboxes through fruit, vegetables, yoghurts, salad, etc so that our children are healthy and able to learn each day. Please see below for some ideas.

Thank you for working with us to ensure children learn to be healthy and have healthy eating habits.

Yours sincerely

Frances Brady
Headteacher

Ideas for Healthy Lunchboxes can be found on the links below:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

<https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>

