



Wednesday 5th February 2025

Dear parents / carers,

We hope this letter finds you well and that your child is enjoying the school year so far. As part of our ongoing commitment to supporting the health and wellbeing of all our pupils, we wanted to take a moment to remind you about the importance of healthy eating and share some exciting opportunities available to help foster better nutrition for your child.

School Lunches: A Healthy Option

Our school offers a variety of nutritious and balanced meals designed to provide the energy and nutrients pupils need to thrive throughout their school day. We encourage all parents / carers to take advantage of this service, as it not only ensures that your child has access to a wholesome lunch, but also helps us promote a consistent, healthy eating environment at school. If your child does not currently access our school lunches then we encourage you to do so, more information on the lunches available can be found by contacting the school office.

Packing a Healthy Lunchbox

We also understand that some families prefer to pack lunch for their children. In these cases, we recommend filling lunchboxes with a variety of nutrient-rich foods such as fruits, vegetables, whole grains, and lean proteins. Avoid processed snacks that are high in sugar and salt, and opt for options like homemade wraps, salads, and yogurt with fresh fruit. We have attached some simple and creative ideas to help make packing a healthy lunch easier and more fun for both you and your child.

Encouraging Healthy Eating at Home

Healthy habits begin at home, and we strongly believe that fostering a positive relationship with food can have lasting benefits for your child's overall health. Encouraging balanced meals, involving your child in meal preparation, and modelling healthy eating habits are all effective ways to inspire your child to make nutritious choices. Consider introducing family mealtimes where everyone enjoys a variety of healthy foods together.



Thank you for partnering with us to create a supportive environment that encourages our pupils to make nutritious choices. If you have any questions about school lunch options or need further resources for healthy eating, please don't hesitate to contact us. Together, we can help nurture happy, healthy, and successful pupils.

Warm regards,

Luke Dennis
Healthy Schools Lead



Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.