



Spalding Parish Church of England Day School

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12th December 2023

Dear Parent/Carer,

Healthy Packed Lunches

We've recently had a number of queries from parents/carers with regards to packed lunches so thought it an appropriate time to send a reminder. Many of the children in school do bring a packed lunch each day however we would encourage parents/carers to ensure there is a healthy balance in packed lunches given the important part that food plays in children being ready to learn. As you will no doubt be aware at school we have to abide by the Food Standards guidance and as such our recommendation for a healthy packed lunch would be as follows:

- Sandwich (*can be replaced with another savoury item e.g. a wrap, or pasta however this should NOT be replaced with a sweet alternative e.g. a donut or croissant*).
- Savoury snack such as crackers
- Fruit
- Sweet snack such as a cereal/biscuit bar



VERY IMPORTANT: SPCEDS is a 'NUT-FREE' ZONE. Please note that we cannot allow nuts in school either as a snack, in snack bars or as peanut butter in sandwiches due to the risk of anaphylaxis. This also includes any food item where nuts may be present in chocolate spreads and fillings such as Nutella. Even the dust from peanuts can be fatal and it is imperative that parents/carers adhere to this very important regulation. **Please ensure when sending in a packed lunch for your child that this does not contain any nuts.**

Snacks

As a school we continue to participate in the Government's Fruit and Vegetable Scheme entitling every child aged 4 – 6 to receive a free piece of fruit or vegetable each day. This reinforces our commitment to healthy eating and replaces morning snacks for all children in EYFS and Key Stage 1. As such, you do not need to send your child with a snack each day as this will be provided as part of this scheme.



Children in Key Stage 2 can bring a snack into school but again we would encourage a piece of fruit, a small snack or cereal bar, or something similar. Children should not be bringing bars of chocolate, sweets or big bags of crisps for their snacks. If we could please ask for parent/carers support with this that would be very much appreciated.

Water

It has been proven that drinking plenty of water increases children's mental alertness and so helps them to learn more effectively. As such children are encouraged to drink water over the course of the day and fresh, chilled and filtered, mains-supplied water is freely available in school for the children.



Each child should have their own named plastic water bottle which school provided at the start of this academic year. Bottles can be refilled from the water coolers as necessary and bottles are then kept easily accessible at all times in the classroom.

Please be aware that the same benefits do not apply to squash or even flavoured waters, with many of these including a high % of sugar and as such children should only be drinking water during their time in school.

Class teachers and lunchtime supervisors do keep a very close eye on lunches in school and this will continue to be the case moving forwards. With health, including a healthy diet, a key focus of the PHSE curriculum we will continue to encourage healthy packed lunches, snacks and drinks across school given the positive benefits of this. Your support with this is very much appreciated.

As always if you do have any questions, please do not hesitate to get in touch, either via class teachers, via the school office or by email.

Kind Regards,



Diane Mulley
Head Teacher