

"We Grow Together in God's Love"

Headteacher: Mrs. A. Wainwright

Deputy Headteacher: Mrs. B. Jones



Dear Parents and Carers,

Following a recent meeting with our kitchen staff to review our packed lunch guidance, we would like to clarify our expectations around healthy packed lunches to support the wellbeing and safety of all children.

Nut-Free School

Please be aware that St Anne's is a **nut-free school** due to severe allergies among some of our children. It is essential that children do **not** bring any items containing nuts or traces of nuts in their packed lunches or snacks. This is a vital measure to keep all children safe.

Healthy Packed Lunch Guidance

We now allow plain biscuits or low-sugar biscuits as part of a packed lunch. However, we kindly ask that children do **not** bring chocolate items such as chocolate cookies, chocolate yoghurts, or similar products.

This is for two important reasons:

1. Chocolate often contains traces of nuts, which poses a risk to children with allergies.
2. To comply with healthy eating guidance and promote balanced nutrition.

We ask that any biscuits or treats included form part of a **healthy, balanced packed lunch**. We encourage all parents and carers to follow these guidelines when preparing packed lunches:

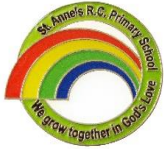
- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish, or other sources of non-dairy protein (e.g., lentils, kidney beans, chickpeas, hummus, falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as bread, pasta, rice, couscous, noodles, potatoes, or other cereals every day.
- Dairy foods such as milk, cheese, yoghurt, fromage frais, or custard every day.

Additional Important Notes:

- Children **may bring a hot flask** containing pasta or similar items, but **no soups or liquids** are allowed due to health and safety reasons.
- Please **do not send leftover dinners** such as burgers, pizza, or similar meals, as we are unable to reheat these and they pose a risk of food poisoning.
- Crisps should be limited. Instead, consider seeds, vegetables, and fruit with no added salt, sugar, or fat. Savoury crackers or breadsticks served with fruit, vegetables, or dairy foods are good alternatives.
- Meat products like sausage rolls, individual pies, corned meat, and sausages/chipolatas should be occasional treats, not daily staples.

Birthday Celebrations

To maintain our healthy eating ethos and nut-free environment, we do **not** allow sweets or chocolate treats to be handed out for birthdays. Instead, we warmly encourage parents and carers to consider alternative



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birthday gifts for the class, such as a book to share, pencils, or other educational resources. This helps us celebrate in a way that is inclusive and healthy for all children.

For more ideas and information on healthy packed lunches, we recommend visiting the NHS Change4Life website.

Thank you for your continued support in helping us maintain a healthy and safe environment for all our children.

Yours sincerely,

Mrs Wainwright
Headteacher
St Anne's RC Primary School