



28 May 2021

Dear Parents / Carers

I am writing to ask you for your support in ensuring all the children at GHPS eat healthy, nutritious food to support them to succeed at school.

Since returning from lockdown I have noticed a worrying change in the quality of lunches our children are eating. I have seen an increase in lunches containing junk food and a decrease in lunches with any vegetables or fruit included.

So, I am hoping you will help me by focussing on making sure your child's lunch / snack is a good one that will help them develop great eating habits now before they become teenagers where they will make more of their own food choices.

Yes Please!

- ✓ Please help your child to prepare a **balanced** packed lunch containing sandwiches and / or other carbohydrate, at least one fruit and one vegetable, milk or dairy food and a drink of water.
- ✓ Please help your child to pack a healthy snack of fruit or vegetables for their morning break.

Take Care!

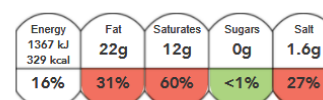
- ! Please exercise caution when choosing snacks marketed as being healthy, some cereal bars or processed foods contain large amounts of sugar.

No Thank You!

- ✗ Please do not include fizzy drinks, sweets, fried food or chocolate as part of a packed lunch or snack. Remember, to protect children with allergies, **we are a nut-free school**.

A healthy breakfast will support your child throughout the day ... a sausage roll contains more 60% of the ADULT saturated fat allowance for the day!

Each Sausage Roll (103g) contains



of an adults reference intake
Typical values (as sold) per 100g: Energy 1327 kJ/ 319 kcal

We believe that a good breakfast, snack and lunch will have a positive impact on outcomes on pupils' health and in some cases, their ability to focus throughout the day without having sugar highs and lows.

Please find attached some ideas that I hope you find helpful to make healthy, quick and cheap lunches for your child that will support healthy lives.

Thank you for your support.
Yours sincerely

Mr R Ferris
Headteacher