



Newton on Trent Church of England Primary School
High Street
Newton on Trent
Lincolnshire
LN1 2JS

Headteacher: Mrs Alyson Bristow

Dear Parents,

Re : Packed lunches in school

It has always been policy at our school that children should be encouraged to eat a healthy balanced diet, and our commitment to this contributed to us earning 'Healthy Schools' status, of which we are very proud.

We refer you to our school Food Policy (which can be found on the website) which goes into the rationale as to why we follow the guidelines for healthy lunchboxes. We take our guidance from the Food Standards Agency (<https://www.food.gov.uk/>) which clearly reinforces our Food Policy.

On the whole, our children are bringing in really great, healthy lunches to eat, and are enjoying eating them. We just want to raise the issue of sweets and confectionary bars being sent into school. Not only is it very difficult for staff who are faced with having to say to children that items in their lunchbox are not suitable for consumption during school lunchtimes, but it is also difficult for a child to be given that information. But if we are to be fair to everyone, we have to be consistent in the messages we are teaching our children in school.

So, we make a plea to parents to follow our Food Policy, and not to send sweets or chocolate bars into school for lunch, or snacks. We are very aware that there is considerable debate as to what constitutes a cake or biscuit bar (which we do allow), and what are sweets or chocolate bars (which we do not allow). There are many items that could be considered in both categories. As a general guideline, please be led by how such items are displayed in supermarkets - those in the cake and biscuits aisles are generally okay, and those in the confectionary aisles are not.

I really hope we can work together on this, so we can give consistent messages to our children. If you wish to discuss this letter, please do not hesitate to contact me. Thank you.

Yours sincerely,

Mrs Alyson Bristow
Headteacher