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Healthy Lunchboxes

24/11/17

Dear Parent/Carer

A Packed lunch can make a valuable contribution to your child's diet and future health. Food nutrition is especially important for children as it is directly linked to all aspects of their growth and development. For example, a child with the right balance of omega fatty acids in their daily diet has a much better chance of creating a more solid foundation for their brain activities, leading to increased academic successes.

If we provide children with the right nutrition now they will learn at an early age what's necessary for good health. This will also help to set them up for a life of good eating and nutrition, almost certainly helping them to live longer. Countless studies show that what someone learns as a child is then perpetuated throughout their life. Teaching your child healthy eating habits now, will perpetuate a healthy lifestyle for them long into the future.

It is with the best outcomes for your child in mind that school continues to operate a healthy lunchbox policy. Accompanying this letter is a leaflet which will help you when replacing the unhealthy foods shown below and support you in providing your child with the nutrition required for their best possible development.

We will also be hosting workshops for parents interested in gaining further guidance about nutrition and the benefits of a healthy diet. Dates for these workshops will be announced shortly.



Crisps



Chocolate



Sugary
Drinks



Sweets

Yours sincerely

Mr M Dennison

(Leader of PE & Enrichment)