

Monday 24th November 2025

Dear Parents/Carers

We would like to take this opportunity to remind all families about our school's commitment to promoting healthy lifestyles and supporting our *Healthy Schools* approach.

As part of this, we kindly ask that children do not bring sugary snacks or birthday treats into school. We are working hard to create consistent, healthy habits across the school day, and avoiding items such as sweets, chocolates, cakes and sugary drinks helps us do this.

We also ask that all packed lunches follow our healthy lunchbox expectations. Lunches should include balanced, nutritious foods such as:

- fruit and vegetables
- sandwiches, wraps or other healthy main items
- yoghurt, cheese or other healthy snacks

Please ensure that no chocolate, crisps, sweets or sugary snacks are included in your child's lunchbox. These items will be sent home if they are brought into school.

This year, Christmas parties will be replaced with a Games Afternoon on Thursday 18 December. Children are welcome to bring in a board game from home to enjoy with their classmates. This will allow us to celebrate the festive season in a fun and inclusive way while staying aligned with our healthy schools approach.

Thank you for your continued support in helping us promote healthy choices for all children. Together, we can encourage positive habits that will benefit them now and in the future.

If you have any questions, please do not hesitate to contact us.

Yours sincerely
Ms J Wegrzyn
Assistant Head