



Dear Parents/Carers

Reference: Healthy lunchtimes and food orders.

Our catering staff work hard to deliver a nutritious and varied menu for our children each day. However unfortunately the growing increase in late lunchtime time orders placed at the school office is having a negative impact on availability. Very often, these late orders are from the same families and I feel this is unfair on families who do follow the food order guidance. **Therefore, from Monday 23rd of January, we will no longer be able to accept any late lunch requests in the school office.** All children, who have not had their orders placed **by midnight the evening before,** will receive a grab bag consisting of a sandwich, fruit and a yoghurt. Please note, in emergencies, we always ensure that children are fed and do not go hungry.

Can I also ask that you discuss and inform your children about what has been ordered, as some children are changing their minds and requesting alternatives. This is also affecting provision and availability. Moving forward, all children will be provided with what has been ordered by their parents.

Lunchboxes

Just a reminder that lunchboxes should contain:

- a healthy choice sandwich or wrap filling
- fruit or vegetables
- a low fat yoghurt
- cereal bars
- a drink

We are seeing an increase in chocolate bars and crisps – indeed; we have observed some lunch boxes containing only crisps, sweets and chocolate bars. This does not fit within our healthy school ethos. In such incidences, we have provided children with sandwiches and have sent the sweets and chocolate home. Please also consider our children with nut allergies – we cannot allow Nutella or chocolate spread sandwiches in school.

Snack and break time

As we are a healthy school, please can we remind you that water bottles should contain water only for drinking in lessons. Squash can be brought in for lunch times only and it is provided by kitchen staff for school dinner orders. Healthy options for snack at break time are:

- Fruit & vegetables
- Crackers
- Yoghurt
- Milk

I would like to thank you in advance for your continued support as we ensure Hurst Hill children live the healthiest lives possible. As always, please do not hesitate to speak to Mrs Keen or myself on the door should you have any concerns.

Mrs Johnson Head of school











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