

MUCH WOOLTON CATHOLIC PRIMARY SCHOOL



Healthy Packed Lunches & Nut Allergies

Dear Parents,

We are proud holders of the Liverpool Healthy School Award and achieving healthy school status recognises our school's dedication to our pupil's health and wellbeing. The healthy eating aspect of the award includes the monitoring of packed lunches. In order for us to maintain our Healthy School Status we are required to promote healthier packed lunches in our school.

Please try to ensure that your child has a healthy packed lunch that contains a sandwich, piece of fruit, yoghurt etc. and limit sugary/salty snacks. Many Key Stage 2 pupils are disposing of their packed lunch wrappers in the bin in the school hall and this week we have seen movie sized bags of popcorn, chocolate bar wrappers, sweet wrappers and whole pieces of uneaten fruit in the bin! We ask that all packed lunch children take all of their rubbish home with them so that parents can monitor what they are eating. Any fizzy drinks, sweets, chocolate etc. will now be sent home.

There are some ideas for healthier lunch box choices on the Change 4 Life Website:

<https://www.nhs.uk/change4life-beta/recipes/healthier-lunchboxes#TrZFMRyY28LoXJGF.97>

We currently have a number of pupils who are allergic to nuts, some severe. Due to the rise in the number of nut allergies we now ask that products containing nuts are not brought into school. Often sitting by a pupil who is consuming a nut product can trigger a serious reaction.

All packed lunches must be in a lunch box/bag which is labelled with your child's name. Lunch boxes without names will be disposed of at the end of the school day. Children are not permitted to bring their lunches to school in plastic carrier bags.

Many thanks for your support,

Miss C. Wilson
Health & Wellbeing Lead.

