

## Packed Lunches

Please try to ensure your child brings in a healthy, balanced lunchbox to keep them going throughout the day

- Lunch boxes should **be clearly marked** with your child's name and class.
- Squash, water or juice is allowed in lunch boxes, but glass bottles, energy drinks or fizzy drinks are not permitted in school.
- **No sweets at anytime** please. As a healthy school, we are also unable to hand out birthday sweets on behalf of children.
- We are a '**nut aware**' school. To minimise the risk to children with a food allergy, children should not have nut-based or foods made from nuts in their packed lunches, please.



# Healthy Schools