**Sacred Heart Primary School, Rock**

 ***RE: Healthy Lunches***

Dear Parent/Carer,

As part of our focus on promoting healthy lifestyles, we would like to send out a reminder of the importance of pupils having a healthy balanced break and lunch. A healthy diet can improve pupils’ concentration, behaviour and attainment. As a school we offer hot lunch meals every day at the cost of £2.60 or free if your child is entitled to free school meals. We will always support our lunches as good value for money, but we understand that parents may wish to provide a packed lunch instead.

If you choose to provide your child with a packed lunch, please see our guidance below.

**Packed lunches should include:**

* At least one portion of fruit or vegetables every day (eg. apple, banana, carrot sticks, etc.)
* A starchy food such as any type of bread, pasta, rice, noodles, potatoes.
* A sandwich or roll with a healthy filling, pasta salad, etc.
* Healthy fillings can include meat, fish or other source of dairy/non-dairy protein.
* A drink of water (still or sparkling), fruit juice (max. 150ml), semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies (max. 150ml). Please check sugar content of drink, especially smoothies.
* If not part of the above, a dairy food such as milk, cheese, yoghurt or fromage frais every day.

**Packed lunches should not include:**

* Confectionery such as chocolate bars, chocolate-coated biscuits and sweets.
* Sugary or fizzy drinks and energy drinks
* Pot Noodles or any microwavable meal – (Health and Safety issue with boiling water and very hot substances.)

We appreciate your support in this matter and are happy to offer further advice if required.

Joey Kelly

**(Principal)**