



Bubwith Community Primary School
Church Street
Bubwith
Nr. Selby
YO8 6LW
Telephone: 01757 288261
Headteacher: Miss A Bailiss

Dear Parents and Carers

Healthy and Safe Packed Lunches

Whilst we would always encourage pupils to have a healthy school meal instead of a packed lunch we do understand that some parents may wish to provide a packed lunch from home on certain days. With this in mind, and in line with our drive to encourage our children to live a healthy lifestyle, both now and when they are older, we are reminding parents that a Healthy packed lunch should not include the following items:

Chocolate
Sweets (including fruit winders)
Fizzy/sugary drinks

Additional guidance, tips and advice on providing healthy packed lunches is available from the School Food Trust, ie frozen water and fruit juice drinks could be placed in the lunch box to keep the food cool.

www.schoolfoodtrust.org.uk

www.nhs.uk/change4life-beta/healthier-lunchboxes#T7zgqA2UeUGoFVdy.97.

On a more tragic note, many of you may be aware of the incident a few years ago, in an East Riding School, involving a 5 year old child who, despite the best efforts of the school and paramedics, unfortunately died after experiencing difficulties whilst eating.

Our own procedures and systems ask for parental support to minimise risk to the children when eating lunch in school. Please keep in mind, when making a packed lunch for smaller children, that certain items **should not be** included in the lunchbox, for example small round items such as whole grapes, boiled sweets and nuts (**we are a nut free school and nut-based products must not be sent into school for the safety of our pupils with nut allergies**).

I hope I can count on your full support for these guidelines and help us to assist us in keeping our children healthy and safe, now and in the future. If you have any questions at all, please don't hesitate to get in touch.

Yours sincerely

Miss A Bailiss
Headteacher