Dear Parent/Carer,

As part of our focus on promoting healthy lifestyles, both now and throughout their lives, we would like to send out a reminder of the importance of pupils having a healthy balanced 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 £2.50 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 are eligible for free school meals, please make your application online using the link provided.

https://www.bcpcouncil.gov.uk/schools-and-learning/free-school-meals

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

Packed lunches should include:

1. At least one portion of fruit or vegetables every day (eg. apple, banana, carrot sticks, etc.)
2. A starchy food such as any type of bread, pasta, rice, noodles, potatoes (eg. A sandwich or roll with a healthy filling, pasta salad, etc.)
3. Healthy fillings can include meat, fish or other source of dairy/non-dairy protein.
4. 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.