

Wingfield Primary School

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Head Teacher: Ross Silcock

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Dear Parents/Carers,

At Wingfield we promote healthy eating across the curriculum, as well as following guidance from the NHS' The Eatwell Guide: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/> Given this, if your child brings a packed lunch to school we would expect it to be a healthy packed lunch. This means having a main part to their lunch i.e., cous-cous, a salad, a sandwich, etc. and then other snacks which are optional extras. A healthy packed lunch can include:

- Sandwiches
- Pasta/cous cous/any other grain substitute
- Salad
- Fruit
- Yoghurt
- Cereal bar/biscuit
- Potato crisps (maximum 1 packet)

We would consider the following to be unhealthy and so they should not be included in a packed lunch:

- Fast food
- Chocolate
- Sweets
- Chewing gum
- Fizzy drinks
- Fruit juice

Water is available for all children during lunchtime.

If any of the above are included in a child's packed lunch it is likely that they will be returned to parents/carers at the end of the day.

We would also like to remind all parents/carers that children should not bring snacks or additional food items to school outside of their packed lunch. We provide free fruit for children in EYFS and KS1, and children in KS2 can bring in 1 piece of fruit to eat at play time.

Thank you in advance for supporting us in promoting healthy eating. If you require further guidance or have any questions, please do not hesitate to speak with a member of the senior leadership team.

Yours sincerely,

Dr Ross Silcock
Headteacher