



Ryders Green Primary School

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Head Teacher: Miss L Blackmore
♦ Ba (Hons) ♦ QTS ♦ Pg Cert ♦ AST

Our Ref: PSA/AB
Date: SEPTEMBER 2018

Dear Parent/Carer

HEALTHY EATING

We are encouraging all children especially those who bring a packed lunch for their school dinner to eat healthy and adopt our healthy eating policy.

Can we please suggest that parents/carers ensure that the food provided from home is food that the child likes - a balanced lunchbox should include items such as:

SANDWICHES/CRACKERS/WRAPs (something your child will eat)
CRISPS (IDEALLY LOW FAT)
PIECE OF FRUIT
YOGHURT OR JELLY
DRINK (water is freely available)

Chocolate bars and sweets are not allowed and parents may be contacted and asked to come into school and discuss their child's lunchbox. However if you are concerned about your child's healthy eating please do not hesitate to ask for help and support.

NO FIZZY DRINKS or ENERGY DRINKS ALLOWED – these will be returned home and your child will be supplied with an alternative.

Alternatively if you would like your child to receive a school meal, please contact the school office.

Thank you for your continued support.

Yours sincerely

Angela Bradford
PARENT SUPPORT ADVISOR

