**Clayton St John CofE Primary School**
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Headteacher: Mrs G Emsley  Deputy Headteacher: Mrs L Allingham

September 2024

Dear Parents/Carers

As a school we recognise the importance of our children living active healthy lifestyles and we encourage this through our curriculum and also through our varied school dinner options which are prepared daily on site. We understand that some of our children may not want a hot dinner and may prefer to bring their own lunch from home. Having a healthy lunch provides children with the energy to continue their school day and also helps to promote the habit of healthy eating for life.

We understand that some children may have a preference for some foods and may find it difficult to try foods that are new to them or that they do not like. Please let us know if this is the case with your child, so that we can deal with such children sensitively and provide encouragement for the foods they do eat.

May we also remind you that **no nuts or nut products** are permitted in school due to allergies.  Should your child bring any small fruits such as grapes or cherry tomatoes etc, that they are cut into halves to prevent any choking accidents.

We have included a handy pictorial guide to give you ideas as to what can and cannot be included in your child's packed lunch. If you have any questions or concerns regarding your child's lunch, please speak to your child's class teacher or a member of our Pastoral team.

Yours sincerely

**Mrs G Emsley**
**Head Teacher**

# Packed Lunches may NOT include



No Hot Items!





No Energy Drinks!






No Fizzy Drinks!







No Nuts!






No Large Chocolate Bars, No Sweets, No Chewing Gum



# Packed Lunches may include:



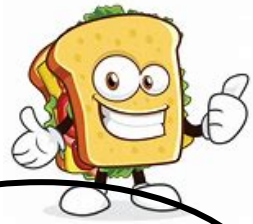



Water and 100% Pure Juice

Sandwitches , Wraps and Pasta



Fruit, Vegetables, Raisans and Fruity Snacks







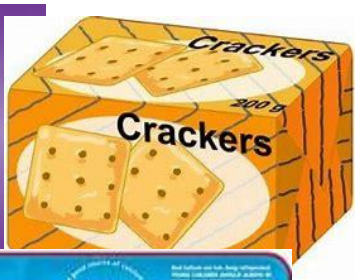


Crackers, Cheese Strings, Yoghurt and Dairylee Dunkers








Biscuits, Chocolate bars "fun-sized"etc..
















Crisps, but.. not everyday





