



Headteacher: Mr L Woodward

Deputy Headteacher: Miss N Rutherford

Deputy Headteacher: Mr S Bielby

24th September 2025

Dear Parents/Carers,

At St Clement's we would like to ensure that packed lunches provided by parents offer a balanced and nutritious meal for children in the middle of the day. New guidance has been given to schools regarding how we present food to children under 6 years old. This will also be covered in this letter.

- **Under No circumstances do we allow nuts in the school**

We are a NUT FREE SCHOOL and no snacks or packed lunches brought into school should contain any products with nuts in. This includes spreads like Nutella, any cereal bars or satay chicken.



We have children in school with severe nut allergies. Please help us keep them safe.

- All children should be provided with a water bottle every day. This must contain WATER ONLY and should not include fizzy drinks, squash or fruit flavoured water.



- No solid chocolate bars, chocolate in pastries or chocolate spread.



- No sweets or chewing gum.



The School Food Standards recommend that EVERY DAY packed lunches should include:

- At least one portion of fruit and one portion of vegetables.



- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel).



- A starchy food such as bread, pasta, rice, couscous, noodles or potatoes.



- Dairy food such as milk, cheese, yoghurt, fromage frais or soya products.



- Meat products such as sausage rolls, individual pies, corned meat and sausages should be included
NO MORE THAN TWICE A WEEK.



- Guidance for children under 6 years states that:
 - Prepare food appropriately for young children to prevent choking. Eg: cut grapes and cherry tomatoes into quarters. Cut large fruits and hard vegetables (like apples and carrots) into slices.
 - Cut all types of bread into narrow strips for very young children. Eg: give sandwiches that are cut into long finger shapes.

Attached to this letter is a **Healthy Lunchbox Poster** which gives some ideas for a healthy balanced lunchbox by including one or more items from each of the sections.

To promote healthy eating, we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches to school.

Please come and see us if you have any concerns about special dietary requirements for your children. We would like to work together to improve our children's learning through a healthy and happy lunchtime.

Yours Sincerely

Mrs E Wills

Personal, Social and Health Education leader
St Clement's and St John's CE Infant School