



# Wellington Primary Academy



Dear Parents and Carers,

## Hot Lunches

I wanted to write and let you know how impressed I am with the lunches served by Harrisons and the warm and inviting environment in the Dining Hall. Along with a number of teachers, I regularly eat with students in the Hall as this is a very good way of modelling to them how to use a knife and fork and encourage them to eat new foods. It's amazing what they will try when they see their friends and teachers eating it! The food is really delicious and the children enjoy telling me about their day and what they are learning about in class.

## Free School Meals

The Government acknowledges how important a healthy diet is for young children by providing funding for Key stage 1 children to have a fruit/vegetable snack at break time and a free school lunch. Unfortunately, this is not provided at Key stage 2 and therefore, some parents opt for packed lunches. I would urge you to order hot lunches as often as possible – even once a week is a good start! If you think you may be eligible for Free School Meals, there is information on our website or you can speak to the office team confidentially to find out more.

## Packed Lunches

If you do opt to send your child into school with a packed lunch, it should be healthy and provide a balance from each food group. There have been far too many unhealthy lunches brought into school recently. Worse still, when children forget their packed lunch, we have had parents dropping off burgers, hot sausage rolls and other unsuitable take away food. On these occasions, we will use our discretion to decide if it is a suitable item for your child to eat in school and will contact you directly if we have concerns.

Not only are there many studies that show the effect of unhealthy lunches on children's academic performance at school, the teachers and I see proof of that on a daily basis, with children being tired and lacking energy for their afternoon lessons.

## Allergies

We are a nut free school as we do have some children with severe nut allergies. If you are preparing packed lunches, please be aware that there should be no foods included in the lunch box that contains nuts.

If your child has any medical needs regarding their food, please contact the school and we will make an appointment for you to meet the school nurse so that a health plan can be written to support your child.



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Harrisons are committed to meeting the medical and religious or cultural needs of all children so that everyone can enjoy hot school meals, so please get in touch if you any concerns.

### Water Bottles

It is vital that children drink enough water throughout the day and especially in the summer when the weather warms up. Please ensure your child has a named water bottle in school and we will encourage them to drink from it regularly throughout the day. Water bottles should contain plain water, not juice, squash or flavoured water. Not only are these sticky if spilt, but they are incredibly bad for children's teeth and the sugar free ones contain sweeteners which are not advised for children. If your child's bottle is found to contain anything other than plain water, the teacher will dispose of it and replace it with fresh water, so please do not put your child in that situation.

Finally, thank you for your support in promoting healthy eating in school. I know how difficult it is to monitor your child's diet when there are so many tempting options that appeal to them, so to have 7 hours, 5 days a week, when they are eating and drinking healthily, is a good start!

Yours sincerely,

Mrs C. Addis

