

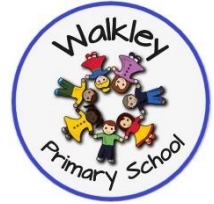
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'Enjoyment, Achievement and Learning for life...'

Headteacher: Val Sian

Deputy Headteacher: Chris Wallis

Chair of the Governing Body: Andy Wilcock

23.9.20

Dear Parents/Carers,

COVID Update: Further information on Packed Lunches

With the return of 380 pupils to Walkley and restrictions on lunch routines, the beginning of term has been very challenging. As you are aware, to promote social distancing, pupils are remaining in their bubbles at lunchtime. The options for school lunches will remain: 1 hot option and 3 sandwich choices for the foreseeable future.

Our aim is to ensure that all food and drinks brought from home, consumed at school or on school trips (when possible) provides pupils with healthy and nutritious food. We aim to support the National Better Health campaign and tackle issues around child obesity and poor dental health.

All food served in school is governed by legislation. This includes breakfast clubs, packed lunches prepared by school catering staff, lunch time food and after school clubs. It is therefore important to have a comparable policy for food and drink brought from home.

For children who bring a packed lunch from home, there are things that we encourage and things to be avoided to help us achieve this:

A Guide to Building...

Healthy Snacks & Lunchbox

P21P

Bring
WATER
everyday!

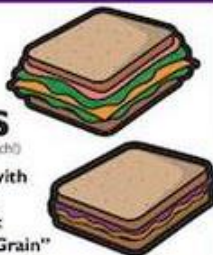
Putting tap water
in a reusable
bottle is FREE and
will help keep
your child
hydrated all day!



Whole Grains

(Great for Snack or Lunch!)

Make sandwiches with whole grain bread. Look for labels that say "100% Whole Grain"



Pack healthy snacks each day. Add a healthy sweet or savory treat. Try whole grain crackers and pretzels for savory snacks or dried fruits for sweet treats.

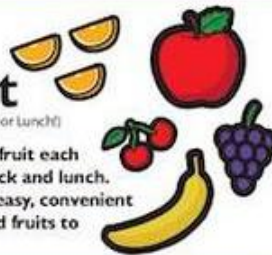
Snacks



Fruit

(Great for Snack or Lunch!)

Pack fresh fruit each day for snack and lunch. These are easy, convenient ways to add fruits to your day



Add veggies in your child's lunch. They add a healthy crunch instead of chips.

Veggies

(Great for Snack or Lunch!)

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Lunchbox Extras

We appreciate that some parents will offer other foods in their child's lunchbox which may include:

- Crisps and other savoury snacks
- White bread
- Chocolate bars and sweets
- Cakes, biscuits and cookies
- Sausage rolls, cooked sausages
- Fruit juice and diluted cordial drinks

Health experts recommend that these items are consumed in moderation as they often contain hidden high levels of fat, sugar and salt than can be harmful over time. Please bear this in mind when you purchase the items for your child's lunchbox.

Kind regards

Val Sian

Headteacher