



Northern Parade Schools

King's Group Academies

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Headteacher: Mrs Sue Wilson BEd (Hons)



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Dear Parents/Carers,

As a lot of you will already know, all Infant school children are entitled to **free** school dinners every day. We strongly urge all parents to take advantage of this as the government provide us with the funding to ensure every child has a well-balanced, nutritious meal freshly cooked by our kitchen staff onsite. However, if any parents are insistent on their child having a packed lunch, they will need to fill in the 'healthy lunch agreement' that you will have received in your starter pack, which states you agree to pack healthy items into the lunch and will avoid the 'no' foods.

A few years ago, we brought in a healthy eating policy, whereby any children having packed lunches are encouraged to pack healthy and nutritious food for their day at school

We are open to many varieties of healthy options and snacks for the lunchbox. Our only NO's are:

Chocolate covered biscuits and bars e.g. Kit-Kats, penguins, club bars and similar

Chocolate bars e.g. Mars, Milky Way, Twix, Chocolate buttons

Sweets e.g. Jelly tots, boiled sweets, sherbets and similar

Chocolate spreads or Nutella

Traditional crisps (any brand), Pringles, Hula Hoops, Wotsits and similar (baked crisps are acceptable)

Another **important** thing to remember is to make sure all grapes, cherry tomatoes and similar shaped foods are sliced, as if they are left whole, they are a choking hazard for young children.

Yours sincerely,

Mrs R Carlyle  
Assistant Head of Foundation Stage

