



Heygarth Primary School

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HeygarthPrimarySchool @HeygarthPS

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"Learning and Achieving Together for Life"

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01 February 2024

Dear Parents & Carers

Packed Lunches in School

We are often asked what makes a good packed lunch for those who choose to bring them in to school. As you should already be aware, we are a **nut free school** so Nutella, peanuts, or anything of that family is not allowed. We have several children with severe nut allergies.

As a reminder, **all** pupils in F2 (Reception), Year 1 & Year 2 are entitled to a free school meal (known as Universal Infant Free School Meals) funded by the Government and you can view our menu here: <https://www.heygarth.wirral.sch.uk/school-meals>

Whilst this is a general list of what could be included in your child's lunch box, we would encourage healthy eating and to ensure your child has enough "fuel" for an afternoon of learning.

Sandwich or wrap

Drink - water or something sugar free

Fruit - banana, orange, apple, tomatoes or vegetable sticks e.g. cucumber, carrot, celery etc.

Crisps, plain popcorn or rice cakes

Biscuit or cake - malt loaf, teacakes, fruit bar

Yoghurt - low fat and low sugar

Children must NOT bring sweets or chocolate bars to school for their packed lunch.

You will find more advice here: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Thank you for your continued support.

Yours sincerely

Mrs H. Beamish
Headteacher