



Cantley Primary School

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School Lane, Cantley, Norwich NR13 3SA



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Monday 23rd September 2024

Dear Parents/Carers,

Healthy Eating in Schools

At our school, we are always committed to promoting a healthy, balanced diet for all of our students. We've recently received some feedback and would like to take this opportunity to clarify our break and lunch time routines.

For our EYFS and KS1 children, we are fortunate to receive free fruit and vegetables for break time, funded by the government. This helps ensure that they have access to nutritious snacks throughout the day. For children in KS2, they are welcome to bring in their own healthy snack from home, such as fruit, vegetables, yoghurts or cereal bars. However, we would like to remind you that we are a **nut-free school** due to several children having severe allergies. This means that any snacks containing nuts, including chocolate spreads with hazelnuts or cereal bars with peanuts, are **not permitted**. Please ensure to check labels carefully.

In terms of lunches, all EYFS and KS1 children are eligible for free school meals, which include a variety of options such as a hot dinner, vegetarian choice, snack pack, or jacket potato. These meals can be booked weekly through the School Money system. KS2 children are also welcome to order a school lunch via the same system. Additionally, we will keep you informed of any special celebration lunches, such as our upcoming 'Christmas Dinner.'

Children across the school have the option to bring in a packed lunch from home. We strongly encourage packed lunches to be balanced and healthy and we trust parents to make that judgement for themselves.

Thank you for your continued support in promoting a healthy and balanced diet at school. Should you have any questions or concerns, please don't hesitate to reach out to us.

Yours sincerely,

Kathryn Andrews
Head of School