Tickhill Estfeld Primary School

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Dear Parents & Carers

Tickhill Estfeld is a “Healthy School” and we encourage our pupils to lead healthy lifestyles in terms of exercise and diet.

As part of our commitment to this we do not allow the pupils to eat chocolate, sweets or drinks other than water on a regular basis in school – the occasional treat is then much better appreciated. This policy also extends to school lunchtimes.

We do prefer all pupils to have a school lunch wherever possible. However, we recognise that parents may prefer their child to eat a packed lunch prepared at home.

With this is mind please follow the guidance below in relation to packed lunches.

If you wish to provide a drink non-flavoured water is acceptable (not cordials, fruit juice, sweetened or fizzy drinks please).

Packed lunches should not include:

As we have pupils in school with food allergies we strictly enforce the policy of no nuts; nut products and products that may contain nuts due to being produced in an environment must not be sent to school or on school visits. Pupils must not swap or share food from their lunch boxes.

Confectionery coated in chocolate such as chocolate bars, chocolate covered biscuits/cakes and sweets. Non chocolate covered cakes and biscuits are preferred as part of a balanced meal.

I am sure that you will support school in its approach to health and wellbeing of everybody at school.

Yours sincerely

A J Painter

Mrs A Painter
Headteacher