



13th September 2017

Dear Parents,

Packed Lunches

If your child brings a packed lunch please ensure they have a balanced diet and that it does not contain the following:-

- Fizzy / highly sugared energy drinks in cartons, bottles or cans.
- Sweets / confectionery.
- Chocolate spread as a filling for sandwiches.
- **All types of nuts or nut products because of the danger to other children with allergies.**
- Hot food

NB. Some pupils require special diets due to verified medical conditions. We would like to help eliminate risk to those with allergies to nuts or nut products and ask that parents ensure that packed lunches are free from all types of nuts.

Thank you for your co-operation in this matter.

Catherine Feber (Mrs.)

Headteacher