

Packed lunch

Here at Town Field we are proud of our efforts to support children as they grow mentally and physically. We promote good health across school but as always we strive to improve every day.

Our school Parliament have been looking into healthy food and have discussed the issue with pupils and adults in school. They have planned an assembly in the second spring term and have even hosted a healthy packed lunch workshop in school for parents this half term.

As a result of this packed lunches have been a focus in school and from the start of the next half term February 24th – we want to remind everyone who chooses to bring a packed lunch hot to keep it healthy. Please remember that the following items are not allowed:

1. Chocolate spread/ Nutella – this is in line with out no nuts in school standard.
2. No fizzy drinks
3. No sweets
4. No family size packets of biscuits or crisps

The reasons for this are that we hope to support your child being healthier and ensuring that the food they eat better supports them for their learning in the afternoon. The school parliament and MDSAs will be regularly checking lunches and items that don't meet the standard will be given to the class teacher to be given back to the child at the end of the day.

We hope that you can support the excellent work the school parliament have done and get behind our healthy packed lunch standards.

Thank you for your support,

Mr Brandham

MAKING A HEALTHY PACKED LUNCH!

Things that you shouldn't have will be confiscated and given back at the end of the day

THINGS YOU SHOULD HAVE:

Fruit

Veggies

Try new things!

Yum!!!



Crisps
(optional)

Salt and vinegar
Ready salted.

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Cheese and onion
CRUNCH
CRUNCH

No family-sized crisps packs!

Sandwiches

Brown Bread

GOOD!!

Ham
Chicken

And some cucumber or tomato.

TASTY!!!

J U M M M

A tiny mini choco bar

y y y!!!
or a tiny, little sweet

And a tiny bit of sugar

THINGS YOU SHOULD NOT HAVE:

Fizzy Drinks

Fanta
POP
FIZZ

POP
FIZZ
UNHEALTHY!

Nuts (Nutella)

Peanuts
Almonds
Pistachio
cashews

hazelnuts

Big packs of sweets!

HARIBOS

M&M's

OREO

SKITTLES!

