

Dear Parents and Carers,

The School Council at Newcomen Primary School would like to raise awareness about your child's nutrition.

As you know, children at Newcomen Primary School are open to the opportunity of enjoying either school dinners or packed lunches from home.

Regarding school dinners, we often discuss menu choices and nutritious meals in our year group assemblies to promote awareness of a well-balanced and healthy diet.

Please could we politely ask you to consider that packed lunches include healthy options such as fruit, vegetables and a suitable drink option alongside a 'little treat'- as a reminder some items may be too sugary for school.

As a balanced lunch does help support a child's well-being and focus throughout a school day.

Thank you for understanding and supporting in promoting healthy choices at school.

With Kind regards,

Newcomen Primary School Council

