



Dear Parents/Carers,

As part of our curriculum, we support the development of healthy lifestyle choices for all of our pupils. Children are taught how to keep their bodies and minds healthy through developing good habits early. Unfortunately, childhood obesity and tooth decay remain issues that are continually highlighted to schools as a concern by healthcare professionals. We aim to work with you to ensure our children have the best possible start in life.

### Lunchboxes

If your child brings a packed lunch to school, we ask that they contain a healthy, balanced selection of foods. We have enclosed some information to help you with this. Our early years page on our website also offers some key information and recipe ideas.

A healthy lunchbox contains foods from a variety of food groups to ensure children get the range of nutrients that they need to grow, be healthy and strong. See the list below to help you.

- Starchy foods like bread, rice, potatoes or pasta
- Protein foods like meat, fish, eggs or beans
- A dairy item, like cheese or yogurt or dairy alternatives
- Vegetables or salad and a portion of fruit

We ask that sweet foods such as biscuits and cake are kept to one age appropriate portion per lunchbox as part of a balanced meal if you wish to include them. We ask that parents and carers do not send high sugar foods such as chocolate, sweets and fizzy drinks.

### Water Bottles

It is important that all children bring a water bottle to school every day. We will be encouraging children to drink more water throughout the day and the staff will be acting as positive role models for this with their water bottles at the ready! Water bottles should only contain water. We kindly ask that bottles of juice or other drinks are not brought into school. We understand that some children do not choose water. To encourage them we will be offering lots of praise and teaching them about the importance of water.

We would like to thank all parents and carers for their continued support and would encourage anyone in need of further support to let us know.

Many thanks,  
Mrs Ellis



Knypersley First School, Newpool Road,  
Knypersley, Stoke-on-Trent, ST8 6NN

Tel: 01782 973810