

Woodland Primary School

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Headteacher: Mrs M Dodson



Wednesday 11th September 2024

Dear Parents and Carers,

As we gear up for the new school year, I wanted to reach out with a friendly reminder about our school's healthy eating policy.

At Woodland Primary, we believe that a balanced, nutritious diet is essential for our pupils' growth, development, and overall well-being. That's why we kindly encourage packed lunches brought from home contain a selection of healthy options.

A great packed lunch could include a sandwich or pasta pot, some fresh fruit or crunchy salad veggies, a small packet of crisps or a biscuit, and a low-sugar drink. Please do not send your child to school with chocolate bars, sweets and fizzy beverages, as these can have a negative impact on our pupils' energy levels and concentration in the classroom.

Additionally, we ask that water be the only drink allowed in classrooms, unless there is a diagnosed medical need that has been discussed with our SENDCO, Miss Kirk. This helps to ensure a calm, hydrated learning environment for all.

I know mornings can be a bit hectic, but with a little planning, you can easily put together a wholesome, delicious lunch that will fuel your child's day. If you need any inspiration, our school website has a leaflet called Healthy Packed Lunch Ideas with a few simple, kid-friendly recipes you might like to try.

Thank you in advance for your support in this matter. Here's to a fantastic new school year ahead!

Yours sincerely,

M. Dodson

Mrs Dodson
Headteacher

