Dear Parent / Guardian

Tuesday 29 November 2011

Packed Lunches

I am writing to remind all parents and guardians that packed lunches must be healthy, nutritionally balanced and contain enough food and drink to satisfy your child’s appetite. A well-balanced meal helps your child to remain focused on their learning throughout the school day.

It is pleasing to note that the majority of packed lunch bags do contain healthy foods and bottles of water to drink. Unfortunately, our lunch time staff have recently shown me examples of some of the packed lunches provided and I was very concerned to note that some children have very little food to eat. In some other bags, I found packed lunches containing food with very little nutritional value.

If you wish to continue to provide a packed lunch for your child, please ensure that the meal you provide is nutritious and sufficient for their needs. Please see the menu on the back of this letter as an example of a well-balanced lunch plan. Further example plans are available at the website

www.schoolfoodtrust.org.uk/schools/projects/packed-lunches/packed-lunch-ideas

However, I would also like to encourage you to consider the possibility of your child receiving a meal from our school caterers. The cost for school meals is £10.25 per week and if your child really does not want to eat a hot meal on a particular day, s/he may have sandwiches as an alternative. Either option will be provided with a drink and a dessert or piece of fruit. Your child will also be encouraged to make an additional selection from the salad bar.

If you would like your child to try a school meal, please advise the school office so they can inform the school caterers. Please also note that you may be entitled to free school meals so contact Brent Council on 020 8937 3000 or visit your local One Stop Shop if you think you may be entitled to this benefit. I would recommend that you apply for this benefit whether your child has a school meal or a packed lunch as the entitlement will remain for a period of time should you need it in the future.

In the meantime, if you have any concerns regarding your child’s eating, please make an appointment to see Mrs Studd, Education Support Manager.

Yours sincerely

Mrs D Titus
Headteacher