



# Castledon School

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Dear Parents/Carers

4th November 2022

## Healthy eating

Now that the pupils have settled back into the new academic year, we would like to highlight the school's expectations for snacks and packed lunches. As all parents/carers are aware, to ensure that children are eating healthily within school a healthy snack choice and lunch meal is important.

Supporting the pupils to make healthy choices will help them to:

- Be fitter and healthier now and later in life
- Learn quicker and show positive behaviours
- Maintain a healthy mental health, leading to a happier life

As a healthy school we would like to ensure our packed lunches, where possible, include:

- One portion of pasta, rice or bread with a protein (meat, fish, egg, beans)
- One or more portions of fruit and vegetables e.g. carrot/cucumber sticks, cherry tomatoes apple, banana etc
- One portion of yoghurt or cheese.
- One drink of water or a sugar free juice

We recommend that one cereal bar, packet of raisins, chocolate bar or a packet of crisps can be included - not one of each.

We would also like to ensure that our snack times include healthy options. Examples of a good snack include:

- Toast with butter (provided by the school 10p per day, payable via Teachers2parents)
- A piece of fruit
- Raisins
- Yoghurt

Please provide a drink each day to help your child concentrate. Go for still/sparkling water or unsweetened fruit juice. Remember to look for the hidden sugar and to check labels, for example, one Capri Sun drink contains 7 and half teaspoons of sugar.

If you have any questions regarding this please do not hesitate to contact us.

Thank you for your continued support,

Kind regards

*K Hemmings*

**K Hemmings**  
**Assistant Headteacher**