



Dear Parent /Carer,

As a pre-school it is our responsibility to support children in healthy eating. It is not only part of our policy but is also a statutory requirement that we need to maintain.

We understand that providing a packed lunch can be difficult therefore have attached a leaflet with lots of ideas and extra guidance on what to include. We would like to encourage parents to be more aware of the foods going into lunch boxes. We discourage crisps, chocolate, cakes and squash and would prefer to see fruit, yoghurts, vegetables or healthy alternatives.

We all really enjoy sharing the fruit that you provide at snack time and milk is offered to the children at snack time, free of charge.

Due to our healthy eating focus at pre-school will no longer accept sweets or chocolates for children's birthdays. We love the generosity that has been shown recently and appreciate that children may want to share their birthdays with their friends, however we recognise the need to limit their intake of sugar, especially for the health of their teeth. We make sure that we all sing happy birthday on each child's special day and would be happy for your child to bring in stickers to share with their friends.

Christchurch pre-school would like to work alongside parents in promoting children's health and well-being and we hope you understand our requirements.

Kind Regards,

Anna Simpson

Deputy Manager