

20<sup>th</sup> February 2018

Dear Parents/Carers,

### **Food at Lunchtime**

I am writing because, unfortunately, I am becoming increasingly concerned about some of the items of food that are being brought into school for lunchtime. As I am sure you are aware, sadly there are more and more allergies that children – and grown-ups – are prone to and thus we do need to be extra vigilant as a school to ensure that we support those of us with such conditions.

I would ask, therefore, that we please do take extra special care that any biscuit bars brought in to school do not contain nuts. I have been informed by the Lunchtime Team that there have also been 'sightings' of chocolate bars such as Mars, Twix and Snickers...which of course is loaded with nuts. It is our policy that we promote the healthiest diet for the children and as such ask that only type of chocolate bar allowed is a cereal bar type biscuit.

Information regarding our approach to food at school can be found on Tower Hill's website [www.towerhill.hants.sch.uk](http://www.towerhill.hants.sch.uk) : Food at School but please also find attached a leaflet from **HC3S**, the caterers who operate at Tower Hill detailing their findings – some of the statistics are shocking.

Please do help us to help your child to be the healthiest that they can be by sending them in with a 'balanced diet lunchbox' to include a mix of the different food groups, for example, a sandwich (not of jam or chocolate spread!), a piece of fruit (or two!), some carrot or cucumber sticks, a yogurt style desert and a cereal bar, with maybe a carton of juice although water is readily available in the lunch hall every day.

With my kind regards,

**Mrs. Linda Tansley**  
**Headteacher**