



Monday 7th September 2026

Dear Parents / Carers,

As you may be aware, schools are now required to follow updated allergy guidance introduced under Benedict's Law. The guidance strengthens the measures schools must take to support pupils with allergies and reduce the risk of serious allergic reactions. To support the safety of all pupils, we would like to remind families about our expectations for tuck and lunch items.

Tuck

Healthy tuck options are available to purchase daily from our school tuck shop, which is run by monitors in Year 6. The tuck menu can be found on our school website using the following link:

[WLJS Tuck Shop Menu](#)

Children can also bring in a snack from home if they wish.

If you are intending to send in healthy snacks with your child, **please limit them to the list below:**

- fresh or dried fruit or vegetables
- **plain** rice cakes
- bread sticks/pitta bread/oat cakes/crackers
- **plain** popcorn (not flavoured or salted)
- hummus
- cheese
- yoghurt



Please note that cereal/cake bars of any kind, including Nature Valley and Soreen bars, are not permitted. Any rice cakes or popcorn must be plain. Children must not bring chocolate, sweets, cakes, pastries or crisps as their snack. All snacks sent to school must be nut free.

Birthday Treats

We recognise that it is a lovely tradition that many children choose to bring sweets to school on their birthday to share with their classmates, and we do not wish to take away this treat. A 'treat' on occasion is not a concern and can help children to learn about moderating their intake of foods that are high in sugars.

We would, however, like to request that these are in **individually sealed packages** that have ingredients **clearly labelled** – for example, a small treat bag of Haribo. Children must hand these to their class teacher at the start of the day so that they can be checked for any allergens. **Any birthday treats sent to school must be nut free.**





Packed Lunches

Children should have a 'balanced' meal, which is a suitable size for the age of the child. A soft drink or water, a sandwich/wrap/crackers, a piece of fruit and another item such as a yoghurt/cheese/crisps/biscuit will be ample for most children. **Children must not have chocolate bars, fizzy drinks/energy drinks or bags of sweets in their lunch boxes. All packed lunch items must be nut free.**

Hot packed lunches are proving to be quite popular. However, please be mindful that some foods may contain nuts, even if this is not immediately obvious. Examples include pesto pasta and satay chicken. As these dishes contain nuts, we ask that they are not sent into school.



If you would like any support or ideas for packed lunches, please come and see Mrs Rodger, who is our Healthy Schools expert.

Water Bottles

Children may bring a water bottle to school. This must only contain water – no juice, squash or fizzy drinks please.

We appreciate your cooperation in helping us create a safe and inclusive environment for all children.

Yours sincerely,

Mrs C. London

Vice Principal

