



29<sup>th</sup> April 2025

Dear Parents / Carers,

We have noticed a recent trend in the types of snacks and packed lunches being brought to school. While we understand the challenges of preparing meals, we have seen an increase in lunches that may not be as nutritious as they could be. We encourage you to consider incorporating more healthy options to ensure that our children are getting the best possible nutrition to support their growth and learning. Below is a reminder of our guidance.

### 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. 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 whenever possible, these treats are **small** and have ingredients clearly labelled – for example, a small treat bag of Haribo. **Any birthday treats sent to school must be nut free.**



### Tuck

Healthy tuck options are available to purchase daily from our school tuck shop, which is run by monitors in Year 6. Children can also bring in a snack from home if they wish. We encourage children to bring in healthy snacks full of vitamins and minerals and containing no added salt, fat or sugar. Many of these will help contribute to their five daily portions of fruit and vegetables, keep them alert and help them concentrate.

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



**No chocolate, sweets, cereal bars, cake bars /cakes, pastries or crisps. All snacks sent to school must be nut free.**



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## 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.**



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.

Yours sincerely,

Mrs C. London

Vice Principal