



# EVINGTON VALLEY PRIMARY SCHOOL

*Caring and Learning Together*

14<sup>th</sup> March 2017

Dear Parent / Carers

As you are aware, Evington Valley is a Healthy School, and as part of having a Healthy School status, we ensure that we provide healthy and nutritious meals for those children who have a hot dinner.

Children who have a healthy meal and drink plenty of water have been shown to have:

- Better levels of concentration
- Are ready to learn
- Have improved levels of behaviour.

It has come to our attention recently that some children who have packed lunches are not bringing an appropriate selection of food items that we would consider to be a healthy choice. I would like to remind you that we expect all children who have a packed lunch to bring a healthy lunch, which follows the agreed guidelines (see reverse).

As a reward for being healthier, we have '**Choose-day Tuesday**'. Every Tuesday is 'Choose-day Tuesday', where children can have one unhealthy choice in their packed lunch. This would also include their 'Choose-day' break time snack, where they will be able to bring something other than a piece of fruit to eat. However, we have also noticed that some children are bringing more than one unhealthy snack on this day.

We are asking for your co-operation in ensuring that your child's packed lunch follows these guidelines and we would be expecting all children to make healthy choices for the rest of the week. This does mean absolutely no treats or unhealthy lunches will be allowed on these other days.

Thank you for your assistance in helping your child and Evington Valley Primary School to make healthy choices.

Yours sincerely

Mr A Manning  
Deputy Headteacher

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Headteacher: Jill Griffin



We're working  
towards Artsmark  
Awarded by Arts  
Council England



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Every day except 'Choose Day Tuesdays', your

packed lunch must contain



foods and no



foods!

## Foods we encourage



Sandwiches



Fruit & Veg/Salads



Yogurts



Water & Fruit Juice



Pasta / Rice/Couscous



Cereal Bars



Dried fruits/raisins

## Foods we discourage



Crisps



Fizzy Drinks



Chocolate



Fast Food



Sweets