



Totley Primary School
Sunnyvale Road
Totley
Sheffield
S17 4FB

0114 2364 482 📞
enquiries@totley.sheffield.sch.uk ✉️
www.totley.sheffield.sch.uk 🌐

Headteacher: Mr Ben Paxman
Chair of Governors: Mr Alex Munro

18th September 2020

Dear parents and carers,

With the new term now in full swing, I would like to clarify our policy on snacks and packed lunches. As a school, our intention is to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day.

Snacks

For morning break, we encourage children to bring in fruit or other healthy snacks such as rice cakes, bread sticks, crackers, veg sticks or a suitable cereal bar. We ask specifically that children don't bring in sweets, crisps or chocolate bars (such as Dairy Milk, Mars Bars, etc). Children from Reception age up to Y2 are provided with free fruit daily via the government scheme.

Lunchtime

This is a vital part of a child's school day and it is important that, whether meals are provided via school or home, we are promoting the right messages about healthy eating and developing good social behaviour at mealtimes. The school food standards mean that all food prepared by the school kitchen is carefully controlled to ensure a varied, balanced diet which includes a good amount of fruit and vegetables. Our very clever kitchen team are still able to produce food which is delicious and pleasurable to eat (including puddings such as cakes and biscuits), whilst keeping the amount of fat and sugar in check.

Packed Lunches

Although our uptake of school meals is very high, there are plenty of parents and carers who choose to send their children to school with a packed lunch. We would certainly encourage that the contents are healthy and nutritionally balanced but also recognise that parental choice is to be respected. Crisps / chocolate therefore would be permitted in packed lunches, although preferably not every day! We do ask that sweets are not brought in packed lunches please, as they do little to satisfy the children's hunger and can affect their concentration in a negative way.



As with all foods brought into school, another reminder please that nuts, sesame and nut / sesame based products are not permitted in school at any time as we have a number of children with severe allergies.

Please don't hesitate to contact me if you have any questions regarding this matter,

Yours sincerely,

A handwritten signature in black ink, appearing to read "Ben Paxman". The signature is fluid and cursive, with a small flourish at the end.

Ben Paxman
Headteacher