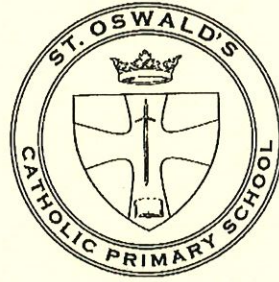




**INCLUSION**  
CHARTER MARK



International  
School Award

## ST. OSWALD'S CATHOLIC PRIMARY SCHOOL

Email: [office@st-oswalds.liverpool.sch.uk](mailto:office@st-oswalds.liverpool.sch.uk)

[www.stoswaldsschool.com](http://www.stoswaldsschool.com)

Montague Road

**Headteacher: Mrs. M. Walsh**

Telephone:

Liverpool L13 5TE

0151 228 8436

20/09/2019

Dear Parents / Carers,

It has come to our attention that there has been an increase in the number of children bringing in items which are not allowed as part of our school packed lunch policy. We are a healthy school and try to ensure that all packed lunches brought from home and consumed in school, or on school trips, provide pupils with healthy and nutritious food that is of similar nutritional standard to the food served in school, which is regulated by national standards.

Please find overleaf a reminder regarding what a healthy packed lunch should include.

May I draw your attention to the items which should **not be included**:

- Snacks such as crisps, wotsits, quavers including the **baked variety** (all baked variety crisps and Sunbites) .
- Confectionery such as chocolate bars, chocolate-coated biscuits or sweets / chocolate spread
- Snack packs with processed meat (Fridge raider, Peperami)
- Flavoured water, sugary drinks such as Ribena, Fruit shoots or Sunburst

All reception, Year 1 and Year 2 children are able to access a **free** school lunch which has a variety of hot and cold nutritionally balanced food available. The cost of a school meal for junior children is £1.80 a day (£9.00 a week) unless your child is entitled to a free school meal.

If you require any further information please contact the school office.

Thank you for your continued support

Mrs M Walsh.

Head Teacher

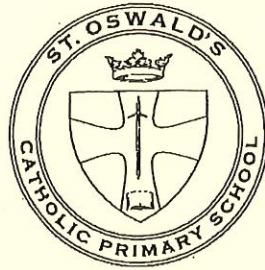


*Together with Jesus, we will Learn and Grow in Faith*





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## ST. OSWALD'S CATHOLIC PRIMARY SCHOOL

### PACKED LUNCH REMINDER

#### Packed lunches should ideally include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, or falafel) every day
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday
- only water, still 100% fruit juice.

#### Packed lunches should NOT include:

- Chocolate or nut spread for sandwiches
- snacks such as crisps, wotsits, quavers including the baked variety.
- confectionery such as chocolate bars, chocolate-coated biscuits or sweets.
- Snack packs with processed meat

Small plain cakes and non-chocolate biscuits are allowed but encourage your child to eat these only as part of a balanced meal.



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