Mundesley Infant and Junior Schools

part of **Coastal Together -** Bacton, Cantley, Freethorpe, Horning Primaries,

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Dear parents and carers,

Over the last few weeks we have identified that on a few occasions children have been bringing in nuts to school and other items that we would not recommend in a healthy balanced lunch.

Now that we are back into a routine of school, work and "normal" life, we would like to remind, or make you aware again, of our policies and aims in regards to packed lunches brought in from home.

We are a NUT FREE school. Please check any pre packed items in packed lunches as they often have nuts or nut derivatives in them. We have several children and staff who have severe allergies to peanuts and/or other nuts.

We do offer a comprehensive hot and cold lunch which is free to all Infant school children and includes fresh fruit, freshly baked cakes and bread, and a jacket potato or packed lunch option daily. Whilst some of the menu choices are "popular" choices they will be prepared and cooked in a healthy way to ensure compliance to strict standards set out by the government to regulate salt, fat and sugar intake for our children; we would really recommend making use of this free service. (All meals can be ordered on the school money site - any queries please call the school office).

If you are sending your child in with a packed lunch from home, we do understand it can sometimes be tricky if children will only eat certain foods, however, please leave treats such as chocolate bars, crisps, sweets and high sugar fizzy drinks or juices to be consumed at home. At school please include fruits, vegetables, crackers, sandwiches, cheese, meats etc.

Your support is very much appreciated.

Abigail Howett
Head of Schools