

**Headteacher**  
MRS A COWAN  
01275 843969



**High Down Infant School**  
Down Road  
Portishead  
North Somerset  
BS20 6DY

[office@highdownschools.org](mailto:office@highdownschools.org)

[www.highdownschools.co.uk](http://www.highdownschools.co.uk)

## High Down Infant School

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June 2019

Dear parents/ carers,

As part of our commitment to being a healthy school, we have been working this year with the School Council to produce a simple checklist for healthy lunchboxes. A copy of the ideas the children have developed is attached. As you will see, the children had very clear ideas about what should be included and a good understanding of some of the issues that can arise for individuals with food allergies. Lunchtime supervisors are looking out for lunchboxes which meet the guidelines and rewarding children with special stickers.

As we are now in the summer term and more children may be having packed lunches, it seemed a good time to share this with you. Also, children will be enjoying school trips this term and will need packed lunches for this.

Of course, many parents want to provide an occasional treat for their child - maybe a packet of crisps on Fridays, as this is the day that school dinners include chips. The crisp packet can then go straight into the recycling box in the hall.

Please talk about this with your child as the need arises. Do remember that all Infant children are entitled to a free school meal, which meets strict nutritional guidelines and always includes a sandwich or baguette option. Research evidence shows a clear link between learning and healthy nutrition at lunchtime. Please talk to the office if you need help accessing the Aspens booking system for school meals.

Please contact Mrs Atherton, Infant Deputy Head, if you wish to discuss the checklist. We would very much welcome comments from parents about this initiative.

Yours sincerely

Andrey Cowan  
Executive Headteacher

