



Blessed Sacrament Catholic Primary School

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Headteacher: Mr C Davey

www.bsprimary.com

"Aim high – Live life to the full!" (John 10:10)
School attendance is everyone's responsibility!



PR/DM

8th March 2024

Food and Nutrition Policy

Dear Parents/Carers,

As a school, we encourage our children to eat a balanced diet and drink plenty of water, so they are fit and ready to learn. Our school meals offer a great choice and provide a range of nutritional meals each day, often healthier than many packed lunches brought in from home.

Lately, we noticed that a large majority of children bringing packed lunches to school, have a lunch box containing a high number of sugary and high calorie content foods.

As a result, we have decided to relaunch our Food and Nutrition Policy. As part of this process, we would really appreciate your opinions on packed lunches too.

If you could complete the Online Form (questionnaire), <https://forms.gle/bH2cBQBDYr4rsjQb9> it would be greatly appreciated.

Thank you for your continued support.

Yours sincerely,

P Ridge

Mrs. P Ridge
Healthy Schools Lead



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