



## **BOTLEY C of E (Controlled) Primary School**

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**Headteacher: Mr J Cooil B.A. (Hons) PGCE QTS**

**Deputy Headteacher: Mrs R Shuttle B.Sc. (Hons) PGCE QTS**

13<sup>th</sup> March 2026

Dear Parents,

At Botley C of E Primary School we are committed to promoting healthy eating as part of our wider approach to supporting the health and wellbeing of our whole school community. We believe that a balanced, healthy and nutritious diet is important for a child's physical development as well as their ability to learn. Providing the body with the right nutrients helps children to concentrate, maintain energy levels and be more receptive to learning throughout the school day.

Healthy eating is an important part of school life and is supported through our curriculum, including Science, Design and Technology and PSHE. Children learn about the components of a healthy diet, the importance of making healthy choices now and in the future, and how to plan balanced meals. Across the school we also encourage healthy snacks, the consumption of fruit and vegetables, and drinking water regularly during the school day.

We recognise the benefits of a well-balanced hot school meal at lunchtime and recommend this as the best option for children. Our catering company provide high quality hot lunches for the children and have an exciting and varied menu. All children in Reception and Key Stage One are able to have these school lunches for free. In Key Stage Two the daily price has reduced significantly with Aspen's appointment.

However, we understand that some families may prefer to provide a packed lunch from home. If your child brings a packed lunch, we kindly ask that it follows the NHS guidelines outlined in our Whole School Food Policy. We are currently seeing many packed lunches coming into school that do not provide the children with what they need and do not meet the requirements as set out within our policy.

A healthy packed lunch could include:

- A portion of starchy food (for example bread, pasta, rice or potatoes)
- Fresh fruit and vegetables
- Dried fruit
- Cereal bars (check sugar content)
- A portion of milk or dairy food
- A small portion of lean meat, fish, cheese or a protein alternative
- A drink such as water, milk or fruit juice

To help keep food fresh, particularly during warmer weather, we recommend that parents include an ice pack in their child's lunchbox. While the school provides storage facilities for lunchboxes, we cannot take legal responsibility for food prepared at home and brought into school.

In order to support healthy choices, we ask that the following items are not included in packed lunches:

- Sweets or chocolates
- Sugary drinks
- Excessive amounts of sweet cakes or crisps with high fat levels
- Excessive amount of heavily processed “ready to eat” foods

The following items must not be included in packed lunches:

- Fizzy drinks
- Foods containing salted nuts or peanuts

If you have any concerns about providing a healthy packed lunch, please contact the school and we will be happy to offer advice and support.

We would just also like to remind parents that if children are consuming snacks at breaktime these should be healthier snacks. For example, the children are not allowed to consume crisps or chocolate bars at breaktimes and will be asked to return these to their bags if seen.

Additionally, children should only be drinking water from their bottles in school unless there is a medical reason that requires them to drink something different and this has been discussed and agreed with one of the school’s Leadership Team. Wherever possible, for safety reasons, water bottles should be plastic rather than metal.

Thank you for your continued support in helping us promote healthy eating habits for all of our pupils. If you would like to discuss anything further, please do not hesitate to contact me.

Yours sincerely,



Mr. J. Cooil  
Headteacher