

30th September 2010

Healthy Packed Lunches

Dear Parents and Carers

Oasis Academy Hadley promotes healthy lifestyles and eating. We would like all our parents and carers to ensure their child brings a healthy packed lunch to the Academy each day.

We ask you to

- always send your child with a healthy lunch e.g. sandwich and a piece of fruit.
- not let your child bring a fizzy drinks.
- never to bring drinks in glass bottles.
- not to send your child to Academy with food that contains nuts.
- not send chocolate bars or sweets

If you would like more information about how to provide your child with a healthy lunch to bring to the Academy why not visit the websites below.

www.foodafactoflife.org.uk/Activity.aspx

<http://www.eatwell.gov.uk/agesandstages/children/lunchboxsect/lunchboxtips/>

<http://www.nhs.uk/Livewell/Yourchildatschool/Pages/Healthylunch.aspx>

We thank you for providing a healthy lunch each day.

Yours sincerely

Sian Mcdermott
Early Years Consultant Teacher