



Ormiston Meadows Academy
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Principal: Mrs K Moore

Be your Best, Expect the Best, Succeed Together

Thursday 23rd September

Dear parent/carer,

At Ormiston Meadows we actively encourage and promote healthy eating at break and lunchtimes to ensure our pupils understand the importance of a balanced diet and learn to make healthy choices.

To help us achieve our goal we would like to remind parents of the school rules regarding suitable items for snacks and packed lunches.

Break time snacks - only fresh or dried fruit or raw vegetables may be brought in for snacks. Children in Foundation Stage and Key Stage One are provided with fruit mid-morning as part of the national free fruit scheme. Children **must not** bring sweets, chocolate bars or fizzy drinks as their snack.

Lunch times – Our school lunches are prepared on site daily with fresh locally sourced produce, please follow this [link](#) for our current menus. All children in Reception and KS1 are entitled to a free school meal (called Universal Free School Meal). Children in KS2 may be entitled to funding because their parents/carers are eligible for free school meal funding. Please follow this [link](#) for further information. Should you choice to provide a packed lunches, please ensure they **do not contain** any sweets, chocolate bars, biscuits or fizzy drinks.

Our school is a nut free environment please **do not** provide any items for break time snack or packed lunch which contain nuts (this includes most chocolate spreads).

Attached are some healthy tips and ideas for snack and packed lunches, further information is available on the NHS [change 4 life site](#).

Thank you for your continued support.

Mrs Kelly Moore

Principal Ormiston Meadows Academy