



Larks Hill J & I School
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Dear parents/carers,

I am very excited to announce that Larks Hill is now working towards achieving the Healthy Schools Status Award. As we work towards receiving our 'Healthy Schools' Award, I would like to draw your attention to our policies around this in school and request your support in ensuring these are implemented.

A free healthy snack is provided by school daily for KS1 and EYFS. Children receive free milk until they turn five. Once they turn five, families must pay for milk if they wish their child to continue to have it. Details can be provided by the school office if needed.

As you know, for those children who opt to bring a packed lunch, we do encourage this to be as healthy and as balanced as possible. In addition to this, our Eco Team have been working hard to reduce one-use plastic in school and where possible, reducing one-use plastics in packed lunches would really support us to look after the environment.

In KS1 and KS2, children are able to bring a snack to eat during break times. As we work towards achieving this award, we are requesting snacks to be either fruit or vegetable based. Food such as chocolate, sweets and crisps are not conducive with the healthy school status we are aiming for, and we kindly ask for snacks of this kind not to be sent into school.

Please also note that we do have people with nut allergies in school and therefore request that any food containing nuts or traces of nuts are not brought in.

Finally, where possible, please ensure that your child brings a reusable water bottle which is named.

Thank you for your support with the above. Both the pupils and staff are working hard to ensure that school continues to have a healthy focus and with your support, we can work towards achieving this award for Healthy Schools Status.

Kind regards,

Mrs E Penty
Associate Assistant Head & PE Lead