



Dear Parents

We are continuing to work towards our Healthy Schools' Award, with Healthy Eating being the focus .

Your children's Packed Lunches continue to demonstrate your commitment to a healthy balanced diet—this is fantastic!

To show how varied and healthy our packed lunches are , we will be having a 'Packed Lunch Audit' over 2 days : 20th and 21st of June—this is because not all children can be done on the same day.

Our previous Audit in 2014 was a resounding success showing healthy eating for all ages! We are positive this will be repeated in June!

The Audit does not list items but is a wider ranging overview of what food groups are provided.

Eg: Is there a balance of protein? Carbohydrates ? Fruit *and* Vegetables? Water to drink?

Mrs Amanda Aitken (in her advisory role to school as a Nutritionist) will be conducting the audit ,analysing the results and providing a report for parents and school— we are very grateful for her professional input and the insight this brings.

Thank you for your continuing support

with our Healthy Eating focus !

Mrs L. J. Carter-Clavell