

Farnham Primary School

'Together we discover, believe & achieve.'

6th October 2025

Dear Parents and Carers,

At Farnham Primary School, we aim to support the health and wellbeing of every child. Part of this includes encouraging healthy eating habits, which are important for learning, concentration, and energy throughout the day.

We kindly ask that you help us by ensuring your child's lunchbox contains a variety of nutritious foods.

Please avoid sending items such as chips, chocolate, sweets, and fast food (e.g. burgers), as these are not suitable for a healthy school lunch.

Some healthy lunchbox ideas include:

- Fresh fruit and vegetables (carrot sticks, apple slices, grapes, cucumber, cherry tomatoes)
- Sandwiches, wraps, or rolls with healthy fillings such as lean meats, cheese, salad, or hummus
- Wholegrain crackers, rice cakes, or pasta salad
- Yoghurt or cheese portions
- No sugary drinks including juice or fizzy pop - all pupils have access to fresh water at lunchtime

Important reminder:

We are a nut-free school. Please do not pack any items containing nuts (including peanut butter and Nutella) to ensure the safety of children with allergies.

Thank you for your support in helping us promote healthy habits. Together, we can ensure that every child has the energy and focus they need to enjoy learning and play.

If you have any questions or would like more ideas for healthy lunchboxes, please don't hesitate to contact us.

Yours sincerely,



Mrs S Keenan
Headteacher

Headteacher: Mrs S Keenan



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