



London Borough of Havering
ENGAYNE PRIMARY SCHOOL
Mrs S Sankey: Headteacher

April 2021

Dear Parents/Carers,

As we all settle back into the school routines we have been reacquainting ourselves with the expectations in terms of food that is eaten in school.

We all want the best for our children and thought it might be good to remind everyone of the advice in the school food policy.

Please work with us in adhering to the advice. Our mid day assistants and staff are in the dining hall to ensure the children have a positive lunch time experience. Monitoring lunchboxes for the “no thank you” list is part of their role but no-one wants to be the lunch box “police” so please don’t put items in that you know your child should not have. We are all working together to promote good eating habits, lifelong health and positive choices

KS1 have fruit provided by the National Fruit Scheme so no snacks are needed unless discussed with a senior member of staff.

Snacks for break KS2 (NO wrappers / reuseable pots)

Yes please

Any fruit or vegetable (fresh, canned or dried)
Cheese
Plain crackers (e.g. Jacobs, water
Biscuits, Ryvita or crispbreads)
Yoghurt
Fruit/grain bars (not chocolate)

No thank you

No nuts
No fruit winders
No fruit flakes
No chocolate
No sweets/lollies
No sweet biscuits or cookies
No crisps/Mini cheddars/ flavoured
Snackerjacks or rice cakes

Lunchboxes*

Yes please

Sandwiches, wraps, pasta, rice, crackers
Protein such as chicken, tuna, cheese
Any fruit or vegetables (fresh, canned or dried)
Yoghurt/yoghurt drinks
Fruit/grain bars

No thank you

No nuts
No sweets
No crisps
No cakes
Anything in the box above

A small biscuit/cake is allowed in lunchboxes, on Fridays only eg a kit kat.

** Please be mindful of packing too many food items, so portion size is considered.*

Thank you for working with us to keep Engayne a Healthy School.

Regards, Mrs Sankey