

21/07/2025

## Star Academy Sandyford – Healthy Packed Lunch Policy Newsletter

Dear Parents and Guardians,

We hope this message finds you and your family well. As part of our commitment to supporting every child's health, wellbeing, and learning, we would like to share a gentle reminder about our **Healthy Packed Lunch Policy**. Our goal is to promote good nutrition and establish healthy eating habits that will benefit your children both now and in the future. For more information on our academy packed lunch policy, please see our website.

### Why a Healthy Packed Lunch Matters

Research shows that a balanced lunch:

- **Improves concentration and focus**
- **Boosts energy levels** for afternoon learning and activities
- **Supports healthy growth and development**
- Helps build **positive eating habits** for life

### What Makes a Healthy Packed Lunch?

Here are the key components we encourage:

#### **1. A portion of starchy food** (for energy)

Examples: Wholemeal bread, wraps, pitta, pasta, rice, couscous

#### **2. Plenty of fruit and vegetables** (for vitamins and fibre)

Aim for at least one portion of fruit and one portion of vegetables

Examples: Carrot sticks, cucumber slices, cherry tomatoes, apples, grapes, melon

#### **3. A good source of protein** (for growth and repair)

Examples: Boiled eggs, chicken, turkey, tuna, hummus, beans, cheese

#### **4. A dairy or dairy alternative** (for calcium)

Examples: Yogurt, cheese cubes, milk drink (sugar free)

#### **5. A healthy drink**

Water or milk are best. Please avoid fizzy drinks or sugary juices.



## **Foods to Limit or Avoid**

To help promote better choices and reduce sugar and fat intake, we kindly ask that the following items are **not included** in packed lunches:

- Sweets or chocolate bars
- Fizzy drinks or energy drinks
- Cakes or pastries (except for occasional treats)
- Processed snacks high in salt and fat - e.g. crisps

## **Treats in Moderation**

We understand that treats can be part of a balanced diet. If you would like to include a small treat now and then (e.g., a small homemade muffin or a plain biscuit), that is fine. We just ask that it complements a healthy lunch rather than replaces it.

## **Working Together**

We truly value your support in reinforcing healthy habits at school and home. Our staff gently monitor lunchboxes and may occasionally offer reminders or suggestions if needed.

Packed lunches provided must not share with other children within the academy as a safeguarding measure towards those children who suffer from allergies.

If your child has dietary restrictions or health needs, please let us know so we can work with you to find the best options.

Thank you for helping us create a happy, healthy learning environment for all children!

Warm regards,

**Mrs Sara Bloor**



**Principal**