

Dear Parents/Carers,

Healthy snacks and lunch boxes

At Prince Albert we place a great deal of importance on the wellbeing of our children. A hugely important aspect of wellbeing is ensuring our children are eating a well-balanced and nutritious diet.

Research shows that eating a healthy diet, and reducing saturated fat and sugars, helps reduce the risk of a number illnesses and diseases, as well being beneficial to children's' immune systems.

Prince Albert is a nut-free school, due to the high risk of allergies.

With this in mind, please could we ask that packed lunches supply children with healthy food options and not include foods that contain high sugar e.g. chocolate, pastries, fizzy drinks and certain yoghurts. Drinks bottles brought to school should be non-branded (no Prime bottles) and only contain water. Please see the healthy lunch box policy, on our school website, using the following QR code.



Kind Regards

Yours sincerely.

Mrs Patel
Deputy Head

اگر اس خط کے پڑھنے میں آپ کو مدد چاہے تو براۓ مہربانی اس کو سکول کے دفتر میں لے آئیں
এই চিঠিখানা পড়তে যদি কারো সাহায্য চান তবে দয়া করে চিঠিখানা নিয়ে বিদ্যালয়ের অফিসে আসুন

Daca nu intelegeti continutul acestei scrisori, va rugam sa va adresati biroului receptie pentru a primi asistenta necesara

