



CATALYST

Somers Heath

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Friday 7th November 2025

Healthy Packed Lunches

Dear Parent/Carers,

School meals are a great choice and remember, all children in Reception, Year 1 and Year 2 are entitled to a free school meal. However, if you do make a packed lunch for your child, these need to be healthy and balanced. A healthy packed lunch will give children the energy and nutrition they need to get the most from their school day – helping them to feel good and be ready and able to learn.

Here are a few ideas for what to pack your child for lunch:



We hope you will help to support us in providing your children with healthy, manageable packed lunches, to help promote a healthy lifestyle.

Please do not

- Pack food that needs reheating
- Pack foods that are whole (ie grapes/tomatoes – these should be cut)
- Pack cold fast food
- Pack large quantities or multiple packs of sweets/chocolates/crisps
- Pack fizzy or sugary drinks
- No nuts or chocolate spread with nuts in should be included.

Thank you for your ongoing support,

Mrs Nye
Deputy Headteacher

