



Stanhope Barrington C of E
Primary School

Westcroft
Stanhope
Bishop Auckland
Co Durham
DL13 2NU

Tel: 01388 528218

Headteacher Mr S Myers

School Number 840 3087

1 May 2019

Dear Parent/Carer

Re: Packed Lunch Boxes

Recently, it has become noticeable that packed lunch boxes are now including many items that do not follow government guidelines. Healthy food every day is vital for a child to progress at expected levels and allow them to be able to concentrate well into the afternoon. Excellent food is essential if you want your child to be active and healthy as they go through school.

Children are now turning up with items such as crisps, chocolate biscuits, mars bars, family packs of wine gums, fizzy drinks, 10 custard creams, slabs of cake, mayonnaise sandwiches and many other items full of sugar that may take hours to digest. Every school has regular food inspections and we would certainly fail if we do not change this pattern and encourage our children to eat a balanced diet of healthy food. I would be really grateful if you could support this request and think carefully what is going into your child's packed lunch box as we all want the best for our children and want them to have a fantastic education.

From Monday 6th May, items of food that do not follow government guidelines will not be allowed to be eaten in school and will be returned home. No-one wants children to go hungry so it's really important that parents encourage their children to eat items that will support their education.

Today there are many more food allergies in society than ever before and government research suggests this is down to a massive sugar and salt intake. Working together we can try to prevent your child from potential food allergies but early intervention is essential for this to happen.

If you want to discuss this further, please do not hesitate to contact me.

Yours sincerely

Mr S Myers
Head Teacher

email. stanhopebarrington@durhamlearning.net
website. stanhopebarrington@durham.sch.uk

