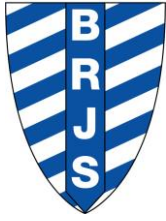


# Beeston Rylands Junior School

Executive Headteacher: Mrs Jackie Moss

Trent Road, Beeston, Nottingham NG9 1LJ



Tel: (0115) 9178355

Fax: (0115) 9178170

E-mail: [office@rylands.notts.sch.uk](mailto:office@rylands.notts.sch.uk)

## ***Excel, Enjoy, Be Proud***

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Dear Parents and Carers

### **Healthy Lunches and Snacks**

Beeston Rylands Junior School is committed to providing an environment that promotes healthy eating. Evidence suggests that a healthy diet can improve concentration, behaviour and general health levels.

In order to assist you with planning a healthier lunchbox, we have attached an information leaflet with some suggestions for nutritious food choices. A balanced meal consists of the types of food outlined in the information leaflet from the each food group. This leaflet also contains an example of a week's lunchbox menu which we hope you will find useful.

Alternatively your child could have a hot school dinner that meets the National School Fund Standards. Please make sure you have put money on your *Squid* account to pay for this.

Most children like to bring a snack to have at morning playtime. This should be a piece of fruit/vegetables or from the daily Tuck Shop where children can buy a healthy snack for 50p.

### **We are a Nut Free School**

Additionally we have children in school who have severe reactions if exposed to nuts. As a result we are a nut free school. This includes any type of nut as, or as part of, a playtime snack and in lunch boxes and includes peanut butter and chocolate hazelnut spread (Nutella) in sandwiches or snacks.

Yours sincerely

*Jackie Moss*

Jackie Moss  
Executive Headteacher