

Friday 20th September 2024

Dear Parents and Carers,

We would firstly like to thank parents for their support with regards to our recent communication about healthy packed lunches. We know we are all keen for the children to access a balanced nutritious lunch. We just wanted to write to you to offer some further clarification and amendments around the requests in the previous letter.

We continue to insist that children's lunchboxes do not contain chocolate bars (mars bars, twirls, dairy milk, wispa etc) or sweets (jelly babies, haribo etc). This is due to their high sugar content and limited nutritional value. These items will be removed and will be handed to the class teacher who will be able to pass these on to you at the end of the day. We will in this case, offer an alternative option such as fruit to the children.

We also request, although we will not enforce, that children do not eat jam / chocolate spread sandwiches due to the limited nutritional content and the sugar spike that these fillings can cause, which can result in the children feeling hungry again quickly or lethargic shortly afterwards. We are also a strawberry free school, as previously communicated, and jam often contains traces of this. We are asking that sandwich fillers such as tuna, cheese or ham etc are used wherever possible as these can help to keep blood sugar levels stable and their protein content supports healthy muscle growth and repair.

We are proud of our strong relationships with parents and carers at West Vale Academy and in line with this we have reviewed our original decision around communication. Rather than notes in lunchboxes, we feel it would be more appropriate for class teachers to have a conversation with parents to offer support where needed.

Your support with this is very much appreciated.

Mrs Crowther and Mrs Akroyd
Executive Principal & Head of School

