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RE: Health and Wellbeing

Dear Parents and Carers,

At our school, we are committed to supporting the health, wellbeing, and development of all our pupils. Lunchtime plays an important role in helping children maintain their energy levels, concentration, and readiness to learn throughout the afternoon.

We kindly ask for your support in providing healthy lunchbox choices for your child. Our approach follows the UK Government's **School Food Standards** and **Early Years nutrition guidance**, which encourage balanced meals and the development of healthy eating habits from a young age.

A healthy lunchbox should ideally include:

- **A starchy food** - such as wholegrain bread, wraps, pasta, rice, or crackers
- **A source of protein** - for example chicken, tuna, eggs, hummus, beans, or cheese
- **At least one portion of fruit or vegetables** - such as apple slices, grapes, carrots, cucumber, or cherry tomatoes
- **A dairy food or dairy alternative** - such as yoghurt or cheese
- **A drink** - water or milk is recommended

For our **Early Years children**, guidance encourages simple, balanced foods that support growth and development. Foods should be easy for young children to eat independently and may include items such as chopped fruit, vegetable sticks, small sandwiches, yoghurt, or pasta. We also encourage children to try a variety of foods as this helps develop positive eating habits from an early age.

To promote healthy lifestyles across the school, we ask that lunchboxes **limit foods high in sugar, salt, and saturated fat**. Items such as chocolate bars, sweets, fizzy drinks, and large bags of crisps are best kept as occasional treats rather than everyday lunchbox items.

Healthy lunchboxes do not need to be complicated. Simple swaps—such as choosing wholegrain bread instead of white bread, fruit instead of sugary snacks, or water instead of sweetened drinks—can make a big difference to children's energy and concentration during the school day.

We greatly appreciate your support in helping us create a healthy environment for all children. If you would like further ideas for healthy lunchbox options, please feel free to speak to a member of staff.

Thank you for your continued support.

Kind regards,

Many thanks and Best Wishes,

Rachel Jones