

Seaburn Dene

Primary School

HEADTEACHER : MR J K HOWE

TORVER CRES.
SEABURN DENE
SUNDERLAND
TYNE AND WEAR
SR6 8LG

TEL (0191) 5634100
admin@seaburndeneprimary.co.uk
<http://www.seaburndeneprimary.co.uk>

Dear parent/carer

16th February 2024

Healthy Lunches

Seaburn Dene Primary School is very proud of the quality of the school dinners that we provide. The meals are cooked on the premises and served in two sittings for children from Nursery to Year 6 and we aim to provide a positive dining experience for all our children.

We actively encourage all children to have school meals, as we believe having a nutritionally balanced, hot school meal is a vital part of the school day. Children in Reception, Year 1 and 2 receive free school meals. The Government funds these school meals, therefore we strongly recommend that all of our EYFS and Key Stage 1 children have a free school meal, particularly when there is a wide choice of hot and cold food, including sandwiches.

Eating a healthy diet enables a child to live life to the full and gives them a better performance all round, specifically helping with their concentration levels - which in turn affects achievement. Therefore, we encourage all of our children to have a school dinner and we are glad to have such a high uptake of school dinners at our school. It's good to know that our children are getting a well-balanced and healthy meal every day.

Packed Lunches

If your child wishes to bring in a packed lunch from Year 3, please note that the children will all sit together during lunch time, therefore it is important to understand that some children may require special diets or have nut and food allergies. Parents and carers should ensure packed lunches are as healthy as possible.

Hot food is discouraged on the basis that maintaining safe temperature of certain food items can be difficult, therefore there could be a potential health risk to the child. Any food such as soup should be provided in a safe, suitable flask which is age appropriate for the child.

Packed lunches should NOT include:

- * nuts, including peanut butter.
- * chocolate spread and chocolate bars.
- * Sweets.
- * Fizzy drinks.

John Howe
Headteacher

