

**Mendham Primary School & Nursery**  
**Mendham**  
**IP20 0NJ**  
**Tel: 01379 852520**



**St. Edmund's Primary School**  
**Hoxne**  
**IP21 5AD**  
**Tel: 01379 668283**

**Academy Head – Henry Huxtable**  
**Email: [head.wvp@consortiumtrust.org.uk](mailto:head.wvp@consortiumtrust.org.uk)**

10<sup>th</sup> September 2025

Dear Parents,

### **Re: Food and healthy living policy**

At Waveney Valley we are committed to promoting healthy lifestyles and supporting children in making nutritious choices throughout the school day. Those that watched the first episode of 'Educating Yorkshire' on C4 will be aware of the impact that sugary food and drink can have on our bodies.

#### **Healthy Drinks**

We strongly encourage children to drink water throughout the day. Water helps with concentration, hydration, and overall health. Please send your child with a **refillable water bottle** each day. Milk is also available at school for children in the early years.

#### **Healthy Snacks at Playtimes**

Children are welcome to bring a healthy snack for morning playtime. We ask that this is waste-free, such as:

- A piece of fruit: a whole apple, banana, or pear
- Fruit in a reusable container (e.g. dried fruit, grapes sliced length ways, melon cubes)

This helps us reduce packaging waste and encourages environmentally friendly habits. Please do not send crisps, biscuits, or processed snacks for playtime.

Children in the early years and KS1 classes are provided with a piece of fruit each day via the NHS free fruit in school scheme.

#### **Healthy Packed Lunches**

Food served in all maintained schools and academies in England must meet school food standards so that children have healthy, balanced diets. For those that chose to send a packed lunch we encourage these to fit into the same healthy guidelines and be balanced and nutritious.



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<http://www.stedmundsprimary.org.uk/>

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A healthy lunch might include:

- A sandwich or wrap with lean protein (e.g. chicken, tuna, egg)
- Fresh fruit or vegetables (e.g. carrot sticks, apple slices)
- A small portion of dairy (e.g. yoghurt or cheese)

Please do not include sweets, chocolate bars, fizzy drinks, or items high in sugar and salt.

We also ask that you are mindful of allergies—particularly nuts—as we have children and staff in school with severe allergies. **Please do not send any nut products (peanut butter, chocolate spread etc) in your child's lunch.**

If your child has a specific dietary need please discuss this with their class teacher.

We kindly ask for your support in reinforcing these habits in the preparation of your child's food and drink for school.

Thank you for your continued support in helping us create a healthy, happy learning environment for all children.

Yours sincerely

Nikki Jones  
Assistant Academy Head



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