



Headteacher: Monica Forty

Ben Jonson Primary School  
Harford Street  
London  
E1 4PZ

t: 020 7790 4110  
f: 020 7790 7701  
e: [admin@benjonson.towerhamlets.sch.uk](mailto:admin@benjonson.towerhamlets.sch.uk)  
w: [www.benjonson.towerhamlets.sch.uk](http://www.benjonson.towerhamlets.sch.uk)

March 2019

### Healthy Eating and Healthy School

Dear Parents and Carers,

At Ben Jonson, we have an ongoing commitment to promote healthy eating habits amongst our pupils, staff and families. We also have to fulfil certain obligations to remain a Tower Hamlets Healthy School, something that we are very proud to be a part of. As we begin the year, I would like to draw your attention to the following information about the school's Healthy Eating policy:

**Packed Lunches:** All children are entitled to a free school lunch, which we encourage everyone to take up. However, if your child has a packed lunch, it should contain a range of healthy foods; it should not contain crisps, chocolate bars or sweets. Hot food should not be brought into school. Suggestions for healthy lunches include the following:

Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, rice, potatoes, couscous; choose wholegrain where possible (at least once a week)

- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of non-dairy protein such as eggs, beans/pulses, hummus, falafel
- Oily fish once every 3 weeks

**Nut-free school:** As there are several children in school who suffer from nut allergies, we are a nut-free school. No products containing nuts (including Nutella) should be brought into school.

**Water-only school:** We are a water-only school, so please do not include any other drinks in your child's packed lunch; water is freely available in the lunch hall and in the playground.

**After-school Clubs:** The same rules apply to after-school snacks for clubs.

**Celebrations and birthdays:** On special occasions, such as birthdays, a small treat may be brought in to share with the class. Some suggestions could be plain individual cup cakes, biscuits, fruit, fun-size chocolate bars such as Maltesers or Mars, or a sharing box such as Heroes. Please be aware that any products containing nuts will be returned to parents. Celebrations and Quality Street are not suitable as both contain nuts. Cakes which require cutting will also be returned to parents. For class parties, crisps, samosas, fruit, nut-free cakes and biscuits are welcome. Please note that fizzy drinks are not permitted in school.

**Break time:** Children may bring in a piece of fruit or a vegetable snack (such as raw carrots) to eat at break time.

We hope that you will support our efforts to improve the well-being and health of our children and encourage them to make healthy food choices. If you have any queries about any of these matters, or would like further information or advice, please feel free to speak to your child's teacher, or me, after school.

Yours sincerely,

Jane Nashashibi, PSHE Leader

