SIR ROBERT HITCHAM CEVAP SCHOOL & NURSERY
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Head Teacher Mrs Laura Dumolo

Striving to be more like Jesus

24 September 2026

Dear Parent/Carer

Healthy Lunchboxes and Allergy Awareness

At our school, we are committed to promoting healthy eating habits and ensuring the safety and wellbeing of all pupils and staff.

We kindly ask for your support in providing your child with a healthy, balanced lunchbox that will help them stay energised and ready to learn throughout the day.

A healthy lunchbox might include:

- A sandwich, wrap, pitta, pasta, rice or salad-based meal
- Fresh fruit and vegetables
- Cheese, yoghurt or other healthy snacks
- Water

To support healthy lifestyles, please do not include chocolate bars, sweets or confectionery in lunchboxes.

In addition, we ask that foods high in fat, sugar or salt are kept to a minimum. Examples include:

- Large bags of crisps
- Cakes and muffins with icing
- Doughnuts and pastries
- Sugary cereal bars
- Sweet biscuits and cookies
- Chocolate-coated snacks

Allergy Aware School

We strive to create a safe environment for children and adults with nut allergies. We therefore request that nuts and products containing nuts are not brought into school. As nuts can be hidden in many foods, please check ingredient labels carefully before packing lunchboxes and snacks.

Please do not send any foods containing nuts into school, including:

- Peanuts and mixed nuts
- Peanut butter or chocolate nut spreads
- Nut-based snack bars

- Foods containing nut pieces

We also ask that you carefully check ingredient labels, as nuts can sometimes be hidden in products where they may not be expected. Please look out for statements such as:

- "Contains nuts"
- "May contain nuts"
- "Produced in a factory that handles nuts"

Common products that may contain nuts include cereal bars, biscuits, cakes, chocolates, pesto, some breakfast cereals and certain snack foods.

By working together, we can ensure that school remains a safe environment for everyone while encouraging healthy eating habits that support children's learning and wellbeing.

Thank you for your continued support and cooperation.

Yours sincerely

Mrs Laura Dumolo
Headteacher