

Haselworth Primary School

Stone Lane, Gosport, Hampshire, PO12 1SQ Tel 023 92583657

Email: adminoffice@haselworth.hants.sch.uk Website: www.haselworth.hants.sch.uk



Headteacher: Mrs N. Jones BA Ed (Hons) NPQH

Deputy Headteacher/SENDCo: Mrs K. Howard

Chair of Governors: Dr C. Roast

4th December 2025

Dear Parent / Carer

Over the last couple of weeks there have been a number of difficulties with some of the items coming in children's packed lunches, so I am writing both to clarify our expectations on this and also to simplify the system so that parents can better understand and adhere to the requirements.

Nationally there is an increasing issue with childhood obesity and tooth decay and we want to support parents as much as possible to make healthy choices for their children's meals. There is also a clear link between a high sugar intake and poor behaviour, which we seek to protect our children from.

We recognise that this issue can sometimes be confusing and would like to clarify this further.

School kitchens must adhere to very strict nutritional guidelines about what can and cannot be included in school meals. This includes any salt, sugar and saturated fats. All menus compiled by school kitchens must meet these standards and all recipes are scrutinised for their nutritional content before being passed to the kitchen. This means that although the children will sometimes have puddings, cakes or chips for example, these are sourced and cooked in a healthier way and are presented as part of a balanced menu over the week. We understand that it is sometimes hard to explain this to children, who may see their friends as being allowed to have something on school meals that they are not as packed lunches, but we can manage the sugar, salt and fat content of school lunches in a way that we cannot with packed lunches.

Packed Lunches should include	Packed lunches should not include
• At least one portion of fruit and one portion of vegetables • A good portion of starchy food (e.g., wholemeal bread, wraps, pasta, rice or cracker • A good source of protein (e.g., lean meat, fish, eggs, beans or cheese • A healthy drink such as water or no-added-sugar juice	• Food containing nuts • Fizzy drinks • Sugary drinks • Sweets • Cakes or biscuits are allowed but lunch box sized and only one per day

There are some great helpful tips on healthy packed lunches on the NHS website [Lunchbox ideas and recipes – Healthier Families - NHS](#)

We understand that treats are part of life, but keeping them occasional helps children develop healthy habits for the future. If you would like ideas or inspiration for healthy lunchboxes, we are happy to share recipe cards and online resources.

Don't forget that as of Tuesday 6th of January, our new catering company are taking over our kitchen and they have created a new and exciting menu. The cost per meal will also be reduced from £3.20 per meal to £2.75.

All children in Year R, 1 & 2 are eligible for free school meals. If you have a child in Year 3 – 6 and are unsure if your child is eligible for free school meals please complete this link [Online FSM Application](#)

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Thank you for your support in helping us make lunchtime a positive, healthy, and enjoyable part of the school day.

Yours Sincerely

A handwritten signature in blue ink that reads 'N Jones'.

Mrs N. Jones
Headteacher

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Lunch box ideas...

Packed lunch 1

- Tuna, sweetcorn and pepper pasta
- Banana
- Handful of raisins
- Carton of semi-skimmed milk



Packed lunch 2

- Egg, cress and cucumber seeded roll
- Rice pudding
- Satsuma
- Bottle of water



Packed lunch 3

- Mackerel and potato salad (peppered mackerel, new potatoes, watercress, pepper, cucumber, chives, low fat mayonnaise)
- Fromage fraits
- Raspberries
- Bottle of water



Packed lunch 4

- Frittata (eggs, cheese, peas, peppers, sweetcorn)
- Slice of crusty brown bread with low fat spread
- Small tub of seeds, sultanas and chopped dried apricots
- Bottle of water



Packed lunch 5

- Pitta bread, falafel, tzatziki (yogurt and cucumber dip), lettuce and tomato
- Small pear
- Handful of plain popcorn
- Bottle of water



Packed lunch 6

- Wholemeal bagel with ham and soft cheese
- Pot of cherry tomatoes
- Frozen cherries mixed with fromage fraits
- Bottle of water



All images are suggestions only.

Preparing a packed lunch can often be time consuming and expensive, so why not try your child on school meals?

- Since September 2014 every infant (aged 5-7) is entitled to a free, healthy and nutritious school lunch, which could save you approximately £400 per year.

Packed lunch 7

- Hummus
- Carrot and pepper sticks
- Wholemeal pitta bread
- Strawberries
- Yogurt
- Bottle of water



Packed lunch 8

- Chicken, cream cheese and grated carrot wrap
- Fruit kebabs
- Sugar free jelly
- Carton of semi-skimmed milk



Packed lunch 9

- Vegetable and lentil pasta (chopped tomatoes, carrots, celery, onion, red lentils, pasta)
- Small tub of grated cheese
- Canned peaches in natural juice
- Low fat custard
- Bottle of water



Packed lunch 10

- Vegetable cous cous (roasted courgette, peppers, onions, chickpeas, cubed cheese)
- Canned pineapple in juice
- Soya yogurt
- Bottle of water



FACT Research by the University of Leeds has shown that **only 1.6%** of primary school children's packed lunches met the nutritional standards set for school meals.