



St Peter's Catholic Primary School

Headteacher: Mrs P McArthur



Bishop Wilkinson
Catholic Education Trust
Through Christ, in Partnership

February 11th 2026

Dear Parents and Carers,

At St Peter's we are committed to promoting the health and wellbeing of every pupil. As part of this commitment, we are continuing to strengthen our whole-school approach to healthy eating. Our aim is to create a consistent, positive food culture that supports children to develop healthy habits for life.

Healthy Snacks

To help pupils stay focused and energised throughout the school day, we encourage healthy, nutritious snacks. We ask that snacks brought from home are fruit, vegetables, or other low-sugar, nutritious options. Please avoid items such as crisps, sweets, chocolate bars, or sugary cereal bars. Please ensure your child's water bottle does not contain juice.

School Lunches

Our catering team follows national guidance to provide balanced, healthy meals each day. School lunches include a variety of fruits and vegetables, a balance of proteins, whole grains, and dairy options, with limited use of added sugars and salt. Menus are designed to be both nutritious and appealing to children.

If your child brings a packed lunch from home, we kindly ask that it follows similar healthy principles. Please **do not** include fizzy drinks or sweets.

As we have severe nut and sesame allergies in school, packed lunch items must **NOT** contain nuts of any variety (including peanut butter, Nutella and snacks or bars labelled 'may contain nut traces' or sesame (including sesame oil, baked goods with sesame seeds, cereals, dipping sauces such as hummus, falafel, energy bars, soups and sushi). If you are unsure whether a product does contain nuts or sesame, please do not bring them into school.

Treats in School

We recognise that celebrations are an important part of school life, but we also want to make sure these occasions support our healthy-eating ethos. In situations whereby teachers want to reward excellence, they offer non-food rewards such as stickers, extra playtime, or special responsibilities.

We kindly ask parents not to send in cakes, sweets, or party bags for birthdays. Going forward, if you would like to hand these out, please do so off school premises.

We appreciate your support in helping us promote healthy choices across our school community. By working together at home and in school, we can help children develop positive habits that benefit their learning, wellbeing, and long-term health.

Thank you for your continued support.

Warm regards,

Mrs P. McArthur
Headteacher



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