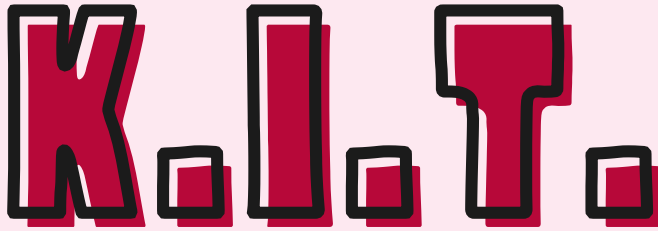


18th January



Keeping In Touch

## Packed Lunches.

NHS guidelines suggest that a balanced lunchbox will contain something from each of the following groups:

- a starchy food such as bread, pasta or rice
- a protein source such as meat, fish, egg or beans
- a source of calcium such as yoghurt, cheese or milk
- fresh vegetables or salad
- fruit (including fresh fruit juice and dried fruit)

We have noticed that there are some very unhealthy items of food being put into lunch boxes, for example, sweets. We ask that you try to follow the above guidelines. It can be tricky to find foods children will eat and we understand that. We ask that you are mindful of the guidance and keep to them the best you can.

**CARE**  
Working Together for Success



## KINDNESS CUPBOARD

You will find it in the main entrance.

Take what you need and  
give what you can.

The Kindness Cupboard is still in the main entrance. Recently, it has been a little empty and we know there are still regular families who use it and depend on it. If you are able, we would appreciate anything you can give. Please feel free to pop them into the cupboard yourself or hand into the office.

We really appreciate it - our CARE values in action in our community.