



Leading Parent
Partnership Award

2017-2020



St Ambrose R.C. Primary School



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Loving minds ♥ hearts ♥ hands.

Dear parents and carers,

Four UNICEF ambassadors have been taking part in a joint student council project with other primary schools in the local area around the theme of healthy lifestyles. One of the things they have been looking at is healthy eating and in particular, healthy packed lunches. As a UNICEF Rights Respecting School, children have the right to clean water and nutritious food (Article 24).

Our school dinners follow government guidelines on nutrition and provide children with a healthy, balanced meal and we expect that packed lunches do the same. One of the ways the UNICEF ambassadors aim to achieve this is through a traffic light system of what should be included in a packed lunch:

Red: These items should only be eaten occasionally and are limited to one item a day
Biscuits, cake, crisps

Amber: These items should be eaten in moderation
Bread, rice, pasta, cheese, yoghurt, fish, lean meats, eggs

Green: These items can be eaten as much as you like
Fruit, vegetables, salad, water

The following items are not allowed: high sugar drinks, chocolate and sweets.

More information can be found in the booklet your child will be taking home today.

Yours sincerely,

Mrs R Vayro
Head teacher