



Wigan Council Education Department



## MARSH GREEN PRIMARY SCHOOL

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### Packed Lunches

### Marsh Green is a 'Nut Free' school.

**Please do not put anything containing nuts, (including chocolate nut spread) in your child's lunch bag**

If you choose to send your child to school with a packed lunch, could you please note the following points: -

- Pack your child's lunch in an unbreakable, sealed container making sure that it is clearly labelled with his/her name. Place the container in a reasonably sized bag that can be easily stored.
- Please do not send glass bottles/cans (non-fizzy). Only plastic bottles or cartons are acceptable for bringing drinks.
- If you include yogurt, please send a spoon.
- Please ensure that your child has something they like in their lunch box( I know this sounds obvious but you would be surprised how many children do not like what is on their sandwiches!). Please do not put any more than they would normally eat in their lunch boxes.
- No large chocolate bars or sweets please - these will be taken and given back at home time.

**Please try to limit the amount of sugar and fat in your child's lunch box  
i.e. 1 packet of crisps, 1 chocolate biscuit etc.**

**Please try to encourage your child to eat healthily.**

All children with packed lunches sit with the children having school dinners.  
Children are fully supervised at all times.

