

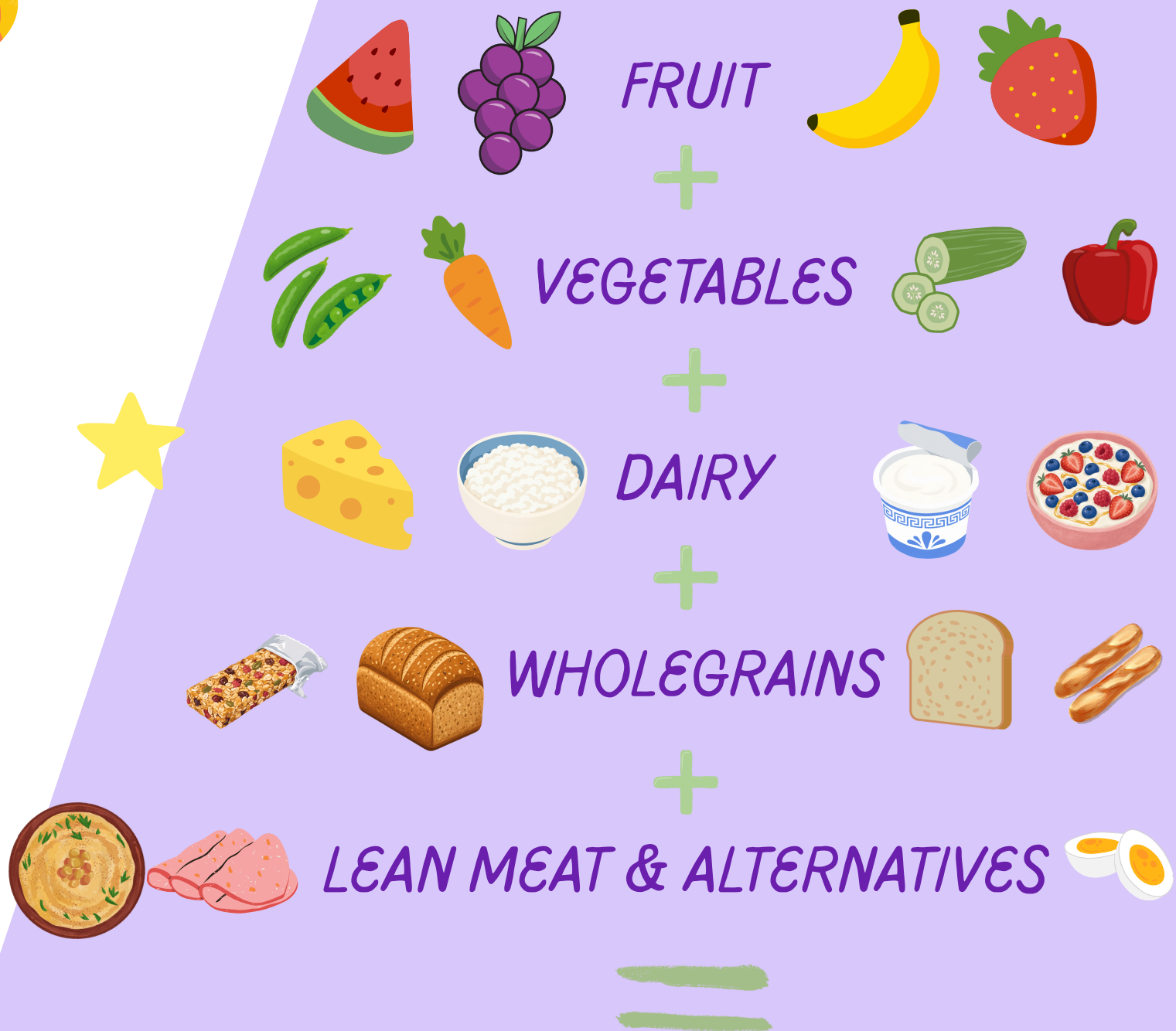
MY HEALTHY LUNCH BOX

At Castercliff, we want every child to have the tools they need to shine. A healthy lunch helps children stay focused, active, and ready to learn. Together, we can make sure every child has the energy they need to be their very best every day.



To help keep all our children safe and ensure everyone can enjoy the same foods together, **WE DO NOT ALLOW NUTS IN LUNCH BOXES.**

We ask families not to send high-sugar snacks, including sweets and chocolate, as these can affect children's energy and focus throughout the day. If your child has a specialised diet that has been previously agreed with the school, please continue to provide the appropriate foods in line with those arrangements.



A HEALTHY LUNCH BOX AT SCHOOL



PLEASE NOTE,
FILTERED
WATER IS PROVIDED
BY THE SCHOOL

shine