



FIR BANK PRIMARY

'Where everyone matters'

Grasmere Road, Royton, Oldham, OL2 6SJ

Telephone: 0161 624 9577

Website: www.firbank.oldham.sch.uk

Email: info@firbank.oldham.sch.uk

Head Teacher: Rachael McLaughlin

Dear Parents/Carers,

At Fir Bank Primary School, we are proud to hold Healthy School Status and are committed to helping our children develop healthy habits that support their wellbeing, learning and future success. Working together with families, we can encourage children to make positive choices and promote a healthy lifestyle for all.

To support this commitment and ensure the safety of all pupils, we kindly ask that packed lunches follow the guidance below:

Healthy and Safe Packed Lunch Guidance:-

- Please do not include sweets, chocolate bars, or high-sugar confectionery items in lunchboxes.
- Fir Bank is a nut-free school. Please do not send any foods containing nuts, including peanut butter, Nutella, chocolate spreads containing nuts, nut-based cereal bars, or any other nut products.
- Please avoid foods that may present a choking risk to children.
- All grapes must be cut lengthways (at least in half) before being packed in lunchboxes.
- We encourage a balanced packed lunch that includes healthy options such as fruit, vegetables, sandwiches, wraps, yoghurt and water.

These measures help us to maintain a safe environment for children with severe allergies and support our shared commitment to promoting healthy lifestyles across our school community.

Thank you for your continued support and cooperation. By working together, we can help all children stay safe, healthy and ready to learn.

Kind regards

Rachael McLaughlin
Head Teacher

