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Dear Parent/Carer,

As a school we believe that it is important to ensure that children are eating healthily. As all parents/carers are aware, a healthy meal is important because it will help children to:

- Be fitter and healthier now and later in life;
- Learn quicker and show positive behaviours;
- Maintain a healthy mental health, leading to a happier life.

Where possible, packed lunches should include:

- One portion of pasta salad, sandwich, bread roll or pitta bread.
- Cooked meat as a filling in a sandwich.
- One portion of fruit and vegetables e.g. carrot/cucumber sticks, cherry tomatoes, apple, banana etc.
- One portion of yoghurt or cheese.
- One drink of water or a sugar free juice.

We also recommend children eat fruit or yoghurt as their pudding choice. However, cereal bars, raisins or **one** biscuit item can be eaten.

Examples of a good packed lunch

Example 1-

Ham/cheese/pasta/jam/tuna sandwich

Yoghurt

Apple/grapes/banana

Biscuit bar.

Example 2-

Pasta pot

Cheese square

Carrot sticks

Cereal bar



Important note: We do have children within school with severe allergies, so we are nut free and egg free and would appreciate your co-operation with this. This includes Nutella or any other nut chocolate spread.

Thank you for your continued support.

A handwritten signature in black ink, appearing to read 'KSteward', on a light blue background.

Kate Steward
Principal