

# The Round House Primary Academy

Part of The Diamond Learning Partnership Trust  
Established in the Queen's Jubilee year 2012

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Headteacher: Mrs Holly Bates BEd NPQH

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Dear Parents & Carers

We would like to take a moment to remind everyone about the importance of providing a balanced and healthy lunch for your child. We have noticed that some children are bringing multiple sweet treats to school, such as cakes and chocolate bars. While it's perfectly fine to include one treat as part of a balanced meal, it is important that children also have the necessary nutrients to support their learning and energy levels throughout the day.

A healthy lunch should include a mix of protein, healthy fats, whole grains, and fruits or vegetables. This ensures that children receive the necessary vitamins and energy to stay focused and active during their school day. Sweet treats, while enjoyable, should be kept to a minimum and should not replace the essential food groups that support a child's growth and well-being.

To maintain a healthy environment, we want to inform you that we will be monitoring the lunches and, if necessary, we will limit the consumption of additional sweets beyond one per day. This is part of our effort to help children develop healthy eating habits that will benefit them long-term.

Thank you for your understanding and continued support. Together, we can help our children make healthy choices that contribute to their overall success and happiness.

If you would like more information about this, please see the attached information guide. This can also be found on the school website.

Yours sincerely



Mrs Holly Bates  
Headteacher  
On behalf of The Round House Primary Academy (part of TDLPT)

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