



St George's Catholic Primary School
Bell's Close,
Lemington,
Newcastle upon Tyne, NE15 6XX

Executive Headteacher: Mrs A. Bullerwell
Telephone: 0191 2675677
office@stgcps.org
www.stgcps.org

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Healthy Packed Lunches at St George's Catholic Primary School

Dear Parents and Carers,

What a great start to the new term! At the start of a new academic year, we thought that this would be a good time to introduce our 'Healthy Packed Lunch' information.

Research has shown that the foods we eat contribute to how we feel and concentrate. With this in mind, St George's has developed information to support families decide what to include in their child's packed lunch. There are some changes, as St George's has moved to a 'Safer Environment' to support pupils with food allergens. This means that packed lunches **can't** include foods that contain nuts or nut oils. Our Wraparound Provision follows this approach too.

To support you with ideas on how to make your child's packed lunch healthier or to see what foods could be included, we have created an information sheet with suggestions from 'The Eatwell Guide' and further advice for schools.

All of this information is on the school website under the 'Parents Tab'. Please scroll down and select 'Healthy Packed Lunches' for more information.

<https://www.stgcps.org/parents/school-meals>

If you would like to discuss any of the information in more detail, please contact the school office to make an appointment.

Many thanks.