



# Fulwood and Cadley Primary School

*"Wish it, Dream it, Do it. Be Unique."*

Cadley Causeway · Fulwood · Preston · PR2 3QT

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[www.fulwoodandcadleyprimaryschool.com](http://www.fulwoodandcadleyprimaryschool.com)

*Headteacher - Mrs. France*

30<sup>th</sup> January 2023

Parents/Guardians of all Pupils

Dear Parent/Guardian

## **Re: Food and Drink in School**

It has come to our attention that a lot of the older children are bringing energy drinks into school, particularly Prime. Please can I remind all families that the **ONLY** drinks that can be brought in are water in their class bottles (not Prime bottles) and a juice drink or water in their packed lunch. No other types of drinks can be brought into school. We are also a nut free environment and products containing nuts cannot be brought into school.

We encourage healthy eating in school and children who stay for school meals are encouraged to eat fruit and vegetables and the only drink they have is water or milk. This ethos is also encouraged in home provided packed lunches, there are some great ideas and examples of these on the change4life website now under the NHS and called Better Health/Healthier Families:

[Healthier Families - Home - NHS](#)

If you have any questions or concerns about food and drink in school please contact the school office.

Yours Sincerely

Mrs. K France  
Headteacher

