



William Ford C of E Junior School | Ford Road | Dagenham | RM10 9JS  
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Headteacher: Mr David Huntingford

Friday 03 November 2023

Dear pupils, parents and carers

As you know we as a school endeavour to ensure the children have a balanced healthy diet whilst in school, but we have noticed a substantial number of pupils with unhealthy snacks at break times these include huge bags of crisps, packets of biscuits and chocolate bars.

We continue to provide bagels on both gates for pupils who have not had breakfast and have begun providing fresh fruit at break time. We feel it is extremely important to encourage and educate our pupils about the choices to adopt a healthy balanced diet. Please be advised that we will be speaking to the children who are bringing in unhealthy snacks, asking them to return to their bags and encouraging them to make healthier choices.

Until 2024, the government are providing all primary aged school children with a free lunch. With our newly adapted menu you will see that we now provide a cold packed lunch option in addition to our two hot options. The children will still be able to select items from our salad bar, fresh bread and desert selections. Should you choose to provide a home packed lunch for your child, please ensure it echoes our 'healthy eating' drive.

Kind Regards

Mrs Noakes  
Family Support and Office Manager