



Parker's Church of England Primary Academy

Executive Headteacher: Mrs Sarah Disney

Pound Hill, Saham Toney, Thetford, Norfolk, IP25 7HP

Tel: 01953 881601 Email: office@parkers.norfolk.sch.uk Web: www.parkers.norfolk.sch.uk

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Dear Parents/Carers

Healthy Lunches

We have had a number of issues with some of the items coming in children's packed lunches so we have attached a guide to suitable suggestions. This will provide you with some ideas and this list is by no means exhaustive.

But, we would like to remind you that we are a **nut free** Federation. Please be extra vigilant with cereal bars, chocolate bars and chocolate spreads. It is safest to avoid all foods with a precautionary "may contain" nuts warning.

Despite having the word 'nut' in their name the following foods are not from the tree nut family so do not need to be avoided

- Chestnut- is an edible product of a group of trees in the beech family
- Coconut - the fruit (seed) of a coconut palm tree
- Water chestnut - aquatic vegetable
- Nutmeg - seed of the nutmeg tree
- Butternut Squash - technically a fruit
- Pine nut - the edible seeds of pine trees

School Money

You can now pay on School Money using Apple Pay. Information was sent out yesterday regarding this.

Red Nose Day/Comic Relief – Friday 18th March

Our theme will be Heros. Children may come to school dressed as their favourite hero. It doesn't have to be a superhero, although they can if they want. If their hero is a nurse, doctor, teacher or parent they can come dressed as them. We just ask for a £1 donation paid via School Money with all proceeds going to Comic Relief.

Thank you

I would like to finish by saying a **huge thank you** to all staff across the Federation.

Since September, staff have continued to work hard, coming in on their days off to help. Staff have also moved between the two sites to keep them open so our pupils can continue to come to school. THANK YOU all, enjoy your break.

We hope you all have a good half term see you on Monday 21st February.

Kind regards, Mrs Sarah Disney