



## Caston Church of England Primary Academy

Executive Headteacher: Mrs Sarah Disney

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11<sup>th</sup> February 2022

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.

Messages regarding outstanding payments have been sent out. If you have received a message please could you settle your child/rens account as soon as possible. Thank you.

### 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 21<sup>st</sup> February.

Kind regards  
Mrs Sarah Disney