



Head of School Mrs Emma Bamber

Dear Parents and Carers,

In Early Years, we are always looking for opportunities to help children develop their independence and confidence in everyday routines. One simple—but important—part of this is lunchtime.

We've noticed that some packed-lunch items can be tricky for little hands to open. While staff are always ready to help, we'd love to encourage the children to experience more success on their own. This builds valuable skills such as perseverance, problem-solving, and self-confidence.

To support this, we kindly ask that, where possible, you consider:

- **Child-friendly containers:** Use tubs or boxes that your child can practise opening and closing at home.
- **Part-opened packets:** Open packets slightly and reseal them with a small peg or clip so your child can access the contents independently.
- **Simple packaging:** Avoid very tight packaging or tricky wrappers whenever possible.
- **Safety first:** Please ensure grapes are cut into halves (or quarters if large) to reduce any choking risk.

For children having school dinners, another important skill is learning to use cutlery confidently. We would be grateful if you could give your child opportunities at home to practise cutting up food, using a fork and spoon together, and holding cutlery correctly. This will help them feel more independent and comfortable during mealtimes at school.

We will continue to support the children and celebrate their achievements as they grow more independent in these daily tasks. Thank you for working with us to give them every chance to succeed.

Kind regards,

Eve Edworthy

Lower School Assistant Head



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