



FOUR MARKS CHURCH OF ENGLAND PRIMARY SCHOOL

FOOD IN SCHOOL GUIDELINES FOR PARENTS

Children in Key Stage 1 are all eligible for Universal Free School meals. They can, of course, bring a packed lunch from home, if they prefer. Free school meals (other than Universal Free Meals) are available to children of families who are eligible—please see additional guidance on Free School Meals, and advise us if your child falls into this category. All arrangements for these free meals are made in confidence for both parents and children.

Year R pupils are introduced to school lunch routines by Class Teachers, Learning Support Assistants and Lunchtime Supervisors, who keep a particularly watchful eye in the early months. A Senior Supervisor is employed to co-ordinate the lunchtime arrangements. Children from Years 5 and 6 act as table hosts each lunchtime to help the children with their meals.

As part of our Personal and Social Education, we teach children about healthy eating and all the children in Years R, 1 and 2 are offered a piece of fruit as a mid-morning snack. They are encouraged to help themselves to drinks of water throughout the school day and children may have milk at snack time (please complete and return an order form should you wish your child to have this). We ask you not to provide alternative snacks as this undermines our aim of promoting healthy eating and broadening the children's tastes.

Meals brought from home:

We recognise the benefits of a well-balanced school meal for children in the middle of the day. Should parents wish to provide a packed lunch from home we recommend that it is made up of the following:

- A portion of starchy food, e.g. sandwich, pitta bread, crackers, pasta or rice.
- Fresh fruit and vegetables, e.g. apple, banana, orange, tomatoes, carrot sticks, fruit chunks etc.
- A portion of milk or dairy food, e.g. cheese, yoghurt etc.
- A portion of meat, fish or alternative, e.g. ham, chicken, quorn, cheese, tuna, egg, hummus etc.
- A drink- fruit juice, water, milk.
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In addition, the school asks that parents, should they wish to, include the following items in moderation:

- Crisps or savoury snacks
- Cakes or biscuits
- Cereal bars

The following items **should not** be included:

- Sweets
- Chocolate
- Fizzy drinks
- Nuts and nut based products of any sort.

Consultation with Pupils, Parents, Governors and Staff: Summer 2016

Date of Publication: September 2016