



Food and Drink Policy

Please do not send in nuts or nut products for snacks or lunches as we have children in school that are known allergy sufferers and there can be dangerous consequences for them.

Snacks and Drinks at playtimes

Some children have the milk provided at school or bring named water bottles for use during the day. (For more details about milk provision, please ask in the office – it is free for under 5s and children eligible for pupil premium, but also available for all other children).

Fresh fruit and vegetables are acceptable as snacks for break time. Class 1 2 and 3 pupils have this provided free by the Government scheme, if they want it. Other pupils are also welcome to bring their own from home.

This healthy approach to snacks is supported by dietary and dental research which is why we do not allow other food at playtimes.

We ask that you send water only in water bottles for use during the day and reserve juices and squashes for lunch time. This request is primarily for dental health reasons, but also to avoid a sticky mess in school.

Lunchtime at Kingsmoor – School Meals or Packed Lunches

Firstly we try to give everyone enough time to eat what they want. Slow eaters are given more time when necessary. The children eat with their class mates to develop the social side of eating and are supervised by their regular lunchtime supervisors.

We gently encourage children to eat what has been provided or what you have sent in for them. Sometimes they say they *'don't like it'* or that *'there is too much'*. When this happens we just ask them to eat what they can.

Packed lunches from home -

When your child brings home their lunchbox you can see what they have eaten, or if they are not eating the lunch provided we will inform you. In the past some children have not eaten much at all or only had the sweet course and have thrown out the rest so that no one at home knew what they have had for lunch. This is why we send home lunch boxes without them being emptied. We do allow partly eaten messy items eg yoghurt to be thrown in the class bin but leave the rest because it helps you to know more about your child's lunchtime. Please do not include excessive amounts of sweets or chocolate in their lunchbox, but keep their diet balanced with the types of food their bodies need.

Some children need help to unscrew lids, rip open tops or undo other packaging. Your training at home helps with this but there are always lunchtime staff to lend a hand. Children without a drink can ask for water. We don't allow fizzy drinks because they can cause problems but squash and juices are popular for lunch times.

Hot School Meals

Hot school meals are provided free for all EYFS and Key Stage 1 pupils (Years Reception, One and Two) under the governments Universal Infant Free School Meals programme (UIFSM). They are also provided to pupils that are entitled to Free School Meals (Pupil Premium).

Pupils in Key Stage 2 can purchase meals if they wish.

Menus are distributed to parents for ordering. Special diets (gluten/dairy free) are catered for and allergen details for all meals are available on request.

Sharing sweets and cakes

Although we are aware of most children's food allergies and parental requests, we do not allow sharing and swapping at lunchtimes. Similarly, sweets or cakes sent from home for a class to share because of a birthday cannot be distributed in school. We cannot guarantee the safety of the items and for some children/parents undue pressure is created to "join in" buying, making or sharing. Please do not send in nuts or nut products for snacks or lunches as we have children in school that are known allergy sufferers and there can be dangerous consequences for them.

There are other occasions when food is consumed in school such as in cookery lessons, special events and celebrations, but these instances are controlled by teachers and responsible adults. However, if at any stage you wish to inform us about food related issues, then please talk to classroom staff.