

Nut allergies

We are a nut free school but we cannot guarantee that food products are totally nut free.

Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan.

If staff become aware of any nut based food this will be removed from the child and a non-nut based alternative provided (this may incur a charge to parents).

Staff are trained to recognise and manage allergic reactions.

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible.

Any exceptions to this policy must be discussed with the school to ensure we are able to support your child with lunch times.

For these reasons pupils are also not permitted to swap food items.

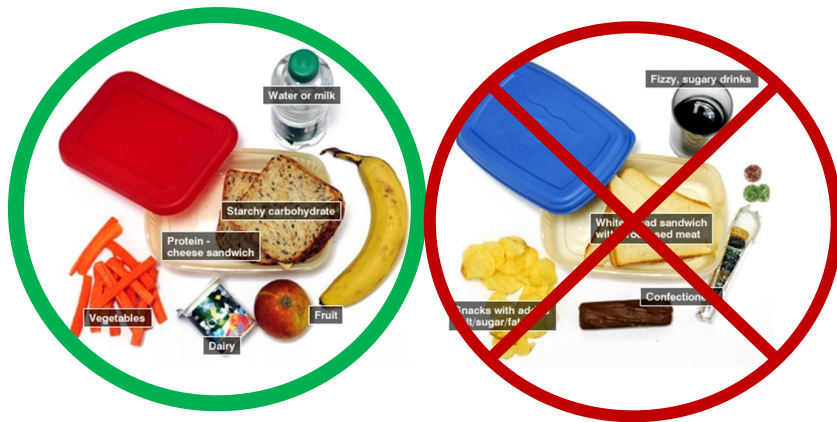
For further information please contact the school or see the School's Whole School Food Policy

Parkwood Primary School International Spanish School Whole School Food Guidance



EMBAJADA
DE ESPAÑA

CONSEJERÍA DE EDUCACIÓN
EN EL REINO UNIDO E IRLANDA



Guidelines for a healthy snack (break times)

All children in KS1 and Reception receive a free piece of fruit or vegetable everyday as part of the Government's School Fruit and Vegetable scheme.

As children move up into KS2, if they wish to have a break time snack, they can bring one of the following from home.

Chopped up raw vegetables– e.g. carrots, cucumber or peppers
Chopped up fruit/Whole fruit – e.g. apple, Satsuma, strawberries, halved grapes, melon slices

Dried fruit is not recommended as a snack between meals as it is high in sugar and can be bad for teeth (but this is ok when eaten as part of a meal).

Drinks

All children should have a water bottle in school each day which they will have access to in their classroom.

There are a number of water fountains around school for the children to use at break time and lunch time. All children have access to water in the lunch hall (both school dinners and packed lunches)

We serve milk on Monday as part of the school lunches.

Please do not send in any fruit juice, cordial, flavoured water or fizzy drinks for either a mid-morning snack or in lunch boxes.

Guidelines for a healthy lunch

All pupils are entitled to a free school lunch. If you wish to provide your own please see below:

Based on starchy carbohydrates (bread/potatoes/rice/pasta)
Include fresh fruit and vegetables/salad
Include a source of protein such as beans and pulses, eggs, fish, meat, cheese (or dairy alternative)
Include a side dish such as a plain low-fat yoghurt. (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly
Include a drink such as water, skimmed or semi-skimmed milk, (not sugar-free or no-added sugar drinks)

For further ideas on how to have a healthy, balanced diet and to help you decide what to put in your child's lunch box, please see the following links.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Please do not send in cake, sweets, chocolate, cereal bars, biscuits, crisps or fizzy drinks for either a mid-morning snack or in lunch boxes.

Monitoring packed lunches

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches. If children consistently bring packed lunches that do not adhere to these guidelines a letter will be sent home with a copy of this policy.

When participating in after school clubs, children are permitted to bring a snack to eat either prior to, or after the club. As with other snacks, this should be fruit, or vegetables.

Fizzy drinks, sweets, crisps and chocolate are not permitted.