



Spalding Parish Church of England Day School

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Dear Parent/Carer,

Healthy School Food

The school kitchen now falls under school governance. As a result nutritious, well-balanced school meals are freshly cooked each day in our own kitchen. As part of this we have been closely working with the Lincolnshire Food in Schools team to ensure hot meals produced for the children are healthy and meet statutory guidance. As such children have a daily choice of:

- 🍽️ A hot meal
- 🍽️ A vegetarian option
- 🍽️ A jacket potato with filling
- 🍽️ A school-made packed lunch (KS2 only)

So far the meals provided by the school kitchen team are proving very popular and I know the ladies in the kitchen have been keenly developing this provision, providing meals that the children enjoy but that are also healthy and nutritionally sound.

As a result of their hard work, I am pleased to be able to share that the SPCEDS School Kitchen has been awarded the School Food Standards Certification. SPCEDS is now just one of three Lincolnshire schools to have been awarded this certification. Our kitchen staff have worked really hard ensuring the children are receiving healthy, tasty and nutritious meals.



As part of your child starting school, we would encourage all of you to book our freshly prepared hot meals for your child for their school lunch. Given the Government initiative of Universal Infant Free School Meals, these meals are free to all pupils in the Foundation Stage, Year 1 and Year 2 and as such our preferred option for our Foundation Stage and Key Stage 1 pupils, ensuring that pupils receive a healthy meal at lunchtimes in line with statutory guidance.

Packed Lunches

*We are a Caring Christian Community built on
Compassion, Trust, Friendship and Hope*

Should you prefer you are able to send your child in with a packed lunch however please ensure that this is a healthy lunch, including fruit and/or vegetables and water to drink with perhaps a sweet treat.

Healthy Snacks

As a school we continue to participate in the Government's Fruit and Vegetable Scheme entitling every child age 4 – 6 to receive a free piece of fruit or vegetable each day. This reinforces our commitment to healthy eating and replaces morning snacks for all children in Foundation Stage and Key Stage 1. As such you do not need to send your child with a snack each day as this will be provided as part of this scheme.

Water

It has been proven that drinking plenty of water increases children's mental alertness and so helps them to learn more effectively. Fresh, chilled and filtered, mains-supplied water is freely available in school for the children. Each child should have their own named plastic water bottle which they can refill from the water coolers as necessary and which is kept easily accessible at all times.

Nuts

VERY IMPORTANT: SPCEDS is a 'nut-free' zone.

Please note that we **cannot** allow nuts in school either as a snack, in snack bars or as peanut butter in sandwiches due to the risk of anaphylaxis. This also includes any food item where nuts may be present in chocolate spreads and fillings such as Nutella. Even the dust from peanuts can be fatal and it is imperative that parents adhere to this very important regulation.

School Milk

Milk is a vital contributor factor to the growth of good strong bones and teeth and therefore it is important to a growing child. A 189ml carton of milk provides half the daily requirement of calcium of a 6 year old child. (The Dairy Council).

Under the Nursery Milk Scheme, milk is offered to children in the Foundation Stage who are still 4 years old for the whole of the following term. Milk is also offered throughout school to children who qualify for Free School Meals (different to Universal Infant Free School Meals). All children's milk is refrigerated on receipt of the delivery in the early morning and is kept chilled until required at break time. Milk may be ordered on a termly basis for Foundation Stage and Key Stage 1 children only. For administration reasons, orders cannot be accepted after the deadline. In the interest of children's health milk is semi-skimmed for children in Foundation Stage and Key Stage 1.

As a school we would appreciate your support in ensuring pupils are receiving a healthy daily diet during their time in school and would like to thank you in anticipation of this. If you do have any questions or queries, please do not hesitate to get in touch with myself or a member of the Senior Leadership Team.

Kind Regards,



Diane Mulley
Acting Head Teacher