

27<sup>th</sup> September 2016

Dear Parents and Carers,

Following on from the information in the last two newsletters I would just like to explain the reasons for our packed lunch and other food arrangements in school. I am attaching a draft copy of our School Food Policy and would be very grateful for any views from parents and carers. Please email [policyviews@hilltop-inf.essex.sch.uk](mailto:policyviews@hilltop-inf.essex.sch.uk). We are also looking for three parent/carer representatives to take part in our Healthy Schools Task Group along with their children. If you are interested in this role please speak to staff in the school office. This role will involve meeting with school staff and Governors and will take place at the end of the school day on a Wednesday about once a term.

Free school dinners are available to all children at Hilltop Infant School and we hope that as many children as possible will eat these meals. The food is freshly cooked on the school site by the Hilltop Junior School kitchen and is nutritionally balanced in line with Government requirements. Where families choose to provide a packed lunch for their child we ask that no fizzy drinks, sweets or chocolate are included. We do not have refrigeration facilities for packed lunches and chocolate can become very messy particularly in warmer weather. Owing to food allergies within our school community any products involving **nuts must not be included in packed lunches**. This includes Nutella, cakes and biscuits including nuts, peanut butter and nuts themselves. Plain biscuits and cakes without a chocolate coating can be included. A recipe for Chocolate Surprise Cupcakes has been added to the Let's Get Cooking Blog and some children will be testing them next week. We understand that these are tasty as well as healthy.

As a school we aim to support children to make healthy choices about eating and information about this is included in many curriculum areas. Children are taught about food groups, balanced meals and the place of less nutritious food such as sweets, cakes and crisps. Treats are enjoyed by everyone and are included in school life at times of celebration and other special occasions. Money Fortnight for example is an occasion where children may suggest the inclusion of less healthy food stuffs as part of their work. This is completely in line with the inclusion of treats within a healthy diet.

Children are at the heart of everything we do at Hilltop Infant School and we hope that all families understand the reasons for the food arrangements we have in place. If parents or carers are concerned at any time we hope that they will speak individually to staff in school.

Kind regards,

Mrs Mackenzie (Headteacher), Mrs Ready (Healthy School Leader), Miss Kennedy (Science Leader) and Mrs Walter (Let's Get Cooking Leader)

