



Kelsey Primary School
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Thursday, 20th October 2016

Dear Children, Families, Friends, Governors and Volunteers

Food in School

As you may know, last year the Government published new guidance for schools on what type of food may be served and consumed in schools and what is deemed acceptable in packed lunches and for break-time snacks.

It is important to note that this is a standard set by the Government and adopted by EVERY school in England and Wales. It is backed by Ofsted and ultimately by law and there is a clear expectation that schools will enforce these regulations.

More information about food standards can be found at www.schoolfoodplan.com.

Guidance for families

We have received some requests for clarification on what is and is not acceptable with regards to food in school and in response to this we have developed the Kelsey Primary School Food Policy (attached) in order to ensure that we operate within the boundaries of the standards set by the Government.

Snacks at break time

Children sometimes bring in snacks that no longer comply with the new guidance such as crisps, chocolate, fizzy drinks and sweets and we have noticed a slight increase in this recently. In the light of this we have decided to extend our KS1 fruit scheme to provide **FREE FRUIT** to **EVERY CHILD** in school, **EVERY DAY** at morning break.

From 1 November 2016 you will be able to take advantage of the new snack scheme and will no longer need to send in a break time snack for your child. If you still feel you would prefer to send in your own snack, we would encourage you to send something that complies with Government expectations.

Lunchtimes

You may already be aware that **EVERY** child in Reception and Years 1 and 2 is entitled to a **FREE** hot school dinner or packed lunch provided by our catering service. If you would like more information on this entitlement, please contact Mrs Blackburn.

Packed lunches provided by parents should follow the same guidelines as the break time snacks and the food standards as set out in our Food Policy.

- No chocolate in any form
- No sweets
- No fizzy drinks
- No crisps

- As a dessert, a cake or biscuit is acceptable (as long as it does not contain chocolate)
- We strongly encourage fruit, vegetable and low sugar snacks.

There is a huge amount of research regarding children eating too much sugary/sweet food leading to serious health and dental issues over time along with the impact on children's behaviour and readiness to learn. For example, sugary foods can cause hyperactivity, leading to behavioural issues and an impact on learning. Current Government statistics suggest 1 in 5 children are obese by the time they leave primary school.

At Kelsey we are investing in the wellbeing of all our students and are committed to working hard in order to provide the best opportunities to learn in the best environment possible and to educating the children on the benefits of making the best choices when it comes to food.

Birthdays

We have decided to stop giving out cakes/sweets/snacks etc. in school when they are brought in for a child's birthday. **ANY** food sent into school for a child's birthday will be returned unopened.

There are a number of reasons for this:

- Many children have one or more allergies. It can be very difficult to be sure that food is safe to distribute **EVEN** when it is bought from a shop and labelled.
- We have several children carrying epi-pens as their reactions can be very severe, even life threatening.
- Some parents do not want their children to have sweets etc and they are within their rights to say this.
- The end of the school day is very busy with letters/homework and having to distribute food adds to the burden on staff, especially as they also have to make sure that not all the children are given the food due to allergies.

Cake sales for charity

We will continue to host cake sales for charity on occasion. If parents do not wish their children to take part, please do not send them in with any money. No money means no cake.

I hope that you appreciate the obligation that we are under and that this is not a matter in which we have a choice. Your support is very important to us.

As always, if you have any questions, queries, complaints or compliments, please pop in to see me. I am nearly always on the playground at the beginning and end of the school day or just ring the front door bell.

Yours faithfully

Mr M J Smedley
Headteacher