



At Peasedown St John Primary School we are committed to helping children to understand the importance of a healthy diet. This is achieved both through the curriculum that we deliver as well as the food we have on offer at our school. Over the past few years we have worked hard to achieve the Director of Public Health Award and parental support in helping us to maintain our healthy eating policy is greatly appreciated.

Healthy Snacks and Drinks in School

In the Foundation Stage and KS1 all children are provided with a mid-morning snack, which is usually a fruit or vegetable product. Nursery and Reception children also get free milk until the age of 5.

In KS2 we encourage pupils to bring in either fruit or vegetables or a dairy based product for morning snack. It is important that snacks are "healthy" and some of our "Our Time" groups have been involved in creating a list of examples (see back page for more information). Snacks should be taken to classrooms in the morning and placed in trays until break time.

Starting this year, pupils will also have the option of purchasing a healthy snack from our Tuck Shop run by Pupil Voice, on a Tuesday each week. All snacks available have been developed using guidance from the School Food Plan.

It is also important for pupils to have a drink in school every day in addition to their lunchtime drink. This should be water and needs to be in a labelled bottle in the classroom. Water bottles are kept together by the sink in

the classroom and children can access them when required. During PE sessions and break times, water bottles will go with the children either outside or to the hall.

Universal Free School Meals

From September 2014, all pupils in reception and KS1 will be eligible for a free school meal. We have involved children in creating appealing menus as well as updating our dining experience. It is our aim that as many children as possible will continue to take up our school meals even after they reach KS2.

Free School Meals

Free school meals are still available to families receiving some types of benefits. If you believe you are entitled to Free School Meals or for more information please visit the office or pick up a parent's guide entitled "Free School Meals".

Lunchtimes

Lunchtimes will begin at 12pm for KS2 pupils. They will go straight to the hall for hot dinners and sandwiches (Year 6 pupils will eat packed lunches in their classrooms). Most

pupils will be outside playing by 12.25. Lunchtime for KS2 will end at 12.50 and pupils will be escorted back to class by their teacher.

Lunchtime will begin at 12.30 for Reception and KS1 pupils. Pupils will go straight to the hall, after washing their hands. Most pupils will be out on the playground by 1pm and lunchtime will end at 1.30pm. Pupils will line up and be escorted back to class by their teachers.

In order to provide for the increase in demand we have installed a brand new kitchen. This means we can now cook delicious, nutritious meals daily, on our own premises.

From September 2014, school meals will be served from 2 areas in the dining hall; the serving hatch and a portable serving area. Classes will be assigned one of these areas at the beginning of the year. When being served, pupils will be able to choose from a meat or meat free option. All pupils will be served with a carbohydrate and 2 vegetables. This will allow for a smoother service. This will also give pupils the opportunity to try different foods than they normally do, particularly if they see their peers enjoying

it. The current menu for the school year is available on the BANES website.

In order to make our dining experience more like a café, we have renamed the dining hall "The Rumbling Tum." Tables will be laid with table clothes and china plates are used. Cutlery will be in the centre of the table bread and water will be available for the children to help themselves. Pupils will be expected to be respectful of other children at the table and take just one piece of bread. They may help themselves to more if there are any pieces left. SMSAs will bring round milk for any children that would like some.

Classes will line up for dinner on a weekly rotation with a different year group each week being first. While waiting for their dinner, pupils will be encouraged to chat quietly and there will be "Talk Time" topics on tables.

During lunchtime "Bistro Buddies" (pupils from Year 5) will be on hand to help children with cutting up food, pouring water and clearing tables. SMSAs will bring around puddings for the children.

If there is any food left over, this will be offered to pupils on a rotation basis with a different year group having this option. It is not our policy to have seconds every day.

Packed Lunches

Children still have the option of bringing a packed lunch to school. They will join their peers in the dining hall and will be given china plates and water on their tables. As part of our "Director of Public Health Award", pupils are encouraged to bring at least 2 pieces of fruit or vegetables in their lunchboxes each day. We ask that crisps and chocolate bars are limited to just once per week. Due to some children suffering from severe nut allergies we also ask that nuts are not part of any lunchbox or snack, this includes peanut butter and nut based snack bars. It is preferable that pupils bring water with their packed lunches, but you may include fruit juices or low sugar squashes. For some good ideas on healthy lunchbox alternatives please visit www.nhs.uk/change4Life/ . Our Time groups will also be looking at developing healthy lunchbox foods as the year progresses.