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## Elmfield School Food Policy

Elmfield School fully recognises its responsibilities for the safety of its children and staff at all times. It is recognised that there is a growing case for awareness in the school for those children and staff who suffer from food allergies and the need to mitigate the risk. Whilst it is not feasible to operate a school-wide ban to food products such as nuts and seeds, there may be occasions where a ban is necessary in a certain class. Parents will be informed by the class teacher or guardian if this is the case.

The school morning is long so it is advisable that all pupils have a good nourishing breakfast before they come to school. Morning Break at 11 am is time for a mid-morning snack.

In Kindergarten, a healthy 'Little Lunch' is prepared by the teachers, the assistants and the children together, and is a very special part of the morning.

In the main school it is brought in by the pupils and should be as free from additives, sugar and colourings as possible. A wholesome break will help your child to concentrate and work well. Chocolates and sweets are not permitted.

At 12.45 pm (12:55pm in the Upper School) the children eat a packed lunch in their classroom in the company of their class teacher or guardian. The nutritional importance of this meal cannot be stressed enough.

The following rules of thumb should be applied to lunches:

- Sandwiches with cheese (not cheese strings)/meat/other protein source, rice/pasta, salad, vegetables to form the substantial part of their lunch.
- Fruit/yoghurt – no chocolate or toffee flavours however, and yoghurt should be in a pot, not a tube.
- Water or fruit juice to drink, no fizzy drinks.
- No chocolate bars or sweets, except on special occasions such as birthdays.
- 'Snack foods', such as crisps and cakes should be kept to a minimum.

Policy last reviewed February 2017

Lesley Taberer (Bursar) and the Health and Safety Committee

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***Always check online for the most recent policy.***

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