



FOOD POLICY

Here at Elmfield the children have active but long days where their bodies, hearts and minds are engaged. It is only natural therefore that the children are hungry when they have morning break to have something to eat as well as at lunchtime. Please ensure that all the children have a substantial breakfast before they come to school and that the food in their lunchboxes is free from additives, refined sugars and colourings. Wholesome food will help your children to concentrate, work well and be in good spirits both out in the playground and back in the classroom. Please support us so that together we can keep the children healthy and contented throughout the day.

Early Years

In the Early Years Department we promote a culture where the children experience good nutritious food and we ask for your help and support with this.

Many of the children who attend Kindergarten, transition age and younger, are staying at school for lunch. The content of the children's lunch boxes is therefore very important, and taking into consideration individual dietary requirements, we ask that your child is given a simple and yet substantial lunch to meet their needs for the rest of the school day.

Please find listed below our suggestions for what to include in lunchboxes:

- Sandwich, pitta bread, wrap with savoury filling, sausage roll
- Rice cakes, crackers, oatcakes with spread
- Pasta salad or other salads
- Soup, hot pasta etc. in an unbreakable flask
- Slice of pizza, quiche
- Fresh and / or dried fruit
- Vegetable sticks
- Plain cake or biscuits
- Cereal bar

Please bear in mind that we have no refrigeration facilities. You will not need to provide a drink for your child as water and rosehip tea will always be available.

There are other foods that your child may pressurise you to include: crisps, chocolate biscuits, "frubes" and other novelty snacks, but could we please ask you to resist those pleas.

In addition to the food which you give them the children will enjoy a simple "little lunch" (snack) provided by school. We aim for the children to eat this around 10.45 a.m.

Our snack will vary throughout the week and the children will often help to prepare it. Typically we will bake bread, as well as preparing and cooking seasonably available food. We will also provide rice cakes / crackers, carrot sticks and fruit to ensure a variety of foods throughout the week.

We will also request that on a weekly basis your child brings a vegetable to chop: this will be added to our soup. Your child's teacher will let you know on which day to bring a vegetable.

Contributions of fresh fruit throughout the week would also be welcome.

During the year we will celebrate various festivals and on occasion you may be asked to contribute some food for the festival feast, such as a particular type of fruit or vegetable.

Please speak to your child's teacher if you have further questions. We would like to thank you for your support and look forward to "little lunch" and "big lunch" being occasions to share good food and company.

Food Allergies: Elmfield School fully recognises its responsibilities for the safety of its children and staff at all times. There is a growing case for awareness in the school for those children and staff who suffer from food allergies and a need to mitigate the risk. Whilst it is not currently necessary 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 if this is the case.

Lower School

We expect a range of the following to appear in the children's lunchboxes:

- A pitta bread/wrap/roll/sandwich (preferably wholemeal) with one or more of the following: butter/dairy free spread and yeast extract, houmous, avocado, meat, egg, tuna, cheese (no cheese strings please) and salad.
- A warm or cold salad including pasta or grains (rice, couscous, millet, quinoa, buckwheat, barley, corn) with vegetable/s and a protein (chickpeas, lentils, beans, egg, tuna, meat, cheese, tofu).
- Preheated soup in an unbreakable flask.
- A slice of quiche or wholesome pizza.
- Raw vegetable sticks (eg cucumber, carrot, courgette, sweet pepper, celery sticks).
- Dips such as houmous or tzatziki.
- Finger foods (falafel, dolmades, vegetarian sushi).
- Fresh and/or dried fruits and seeds.
- Plain or fruit yoghurt in a pot (please provide a spoon).
- **One** fruit or cereal bar or homemade plain cake or flapjack.
- Oatcakes, crackers or rice cakes lightly spread with honey or pure fruit spread or jam.
- Water bottle and/or pre made fruit/herbal tea.
- School birthdays - it doesn't have to be a cake! Please check with your children's class teacher if you need advice.

Please bear in mind that we have no refrigeration facilities.

If your child has special dietary needs, please discuss this directly with the child's class teacher.

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Upper School

By the time the pupils reach Upper School, we expect them to have a good understanding of what constitute a healthy balanced diet and unless concerns arise, we as teachers would not approach them regarding the content of their lunch boxes. This is in line with our picture of the emerging adolescent taking responsibility for themselves.

Class 11 pupils are permitted to go out of school at lunchtime to purchase food. However, they may not bring fast food (eg fish and chips, burgers, pizza or kebabs), fizzy drinks, sweets or chocolate onto the school premises.

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Policy updated October 2017
Early Years, Lower School and Upper School