



St. Mary's C of E School

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School Dinners, Snacks and Dietary Restrictions

Universal Free School Meals

We are excited to confirm that all children in Key Stage 1 (Reception, Year 1 and Year 2) receive a free school dinner every day. In 2014, the government launched the Universal Infant Free School Meals (UIFSM) scheme. Under this, you are able to choose your child's dinners every day at absolutely no cost to yourself.

Meals are prepared at a local award winning kitchen, using locally sourced produce, and served at school by our friendly team. You will have a choice of three hot meals – a meat based item, a vegetarian item or a jacket potato with a choice of toppings. All are served with vegetables and a pudding. We operate a four weekly menu, meaning that your child will never get bored, and we run special themed days every term which are always good fun for all.

We usually have a very high uptake of school dinners at St Mary's, and have found that they are a fantastic way to encourage children to try a variety of foods – and they're convenient and free for parents too! If a child has a dinner they do not enjoy, the School Office will send you an email to confirm this.

You are able to book your child's school dinner online, using ParentPay. Bookings can be made up until midnight the night before, however we cannot make amendments on the day. Many parents, especially those in Key Stage 1, tend to order their meals a month or a term in advance as it is free. Please see the information included within this pack regarding ParentPay for more information on how to book. **For the first month of term, we ask you to please complete the attached menu – we will manually order your child's lunch until your ParentPay account is set up.**

Packed Lunches

If you decide to provide a packed lunch instead of having school dinners, please ensure that this is brought into school in a labelled and secure container. Please note that we do not have facilities for refrigerating packed lunches. We ask that packed lunches are healthy e.g. sandwiches, pasta, rice and fruit. Wrappers and packaging are sent home with your child so that you are aware of how much they have eaten that day and to help us minimise waste.

Snacks

Children will be able to enjoy a healthy snack brought from home and a bottle of chilled milk (free until your child turns 5, and then orderable after this point) before morning play. Please do not send in crisps, chocolate, biscuits etc. We also have free fruit available each day, which children can help themselves to. This changes daily, but is usually a variety of apples, pears, bananas, satsumas, raisins etc.

Drinks

All children must bring a water bottle to school with them, chilled water fountains are available throughout the day to refill these and children are encouraged to do so, especially during warm weather. Please be advised that only water is permissible during the school day, children cannot bring squash, cordial or fruit juices into school with them. We have found that even children who typically do not enjoy plain water adjust very quickly to this.

A reminder that as a 'nut-aware school', we ask that you do not send any food containing nuts, sesame or chickpea products (e.g. hummus, peanut butter, nutty cereal bars, bread with sesame seeds, etc.) into school as we have children with severe allergic reactions to these products. Many thanks for your co-operation with this.

"What we nurture today, flourishes tomorrow"