

ORLETON FOOD NEWS

NO CONFECTIONERY PLEASE!

As a school we are very keen to support our children to be as healthy as possible, while still allowing them to have fun.

With that in mind, please note that confectionery is not allowed in school (in snacks, packed lunches etc).

Confectionery includes all types of sweets and chocolate bars.

We know children love them as occasional treats, but treats like that should be given at home only please.

HEALTHY SNACKS AT BREAK, LUNCH ITEMS AT LUNCH

Under the School Food Plan, pupils should only be eating small amounts of 'treat' items (foods which have higher amounts of sugar, fat and salt) and should eat these only with their lunch.

This is to protect their teeth and keep their energy balanced.

If your child has a cooked dinner, their treat item is their pudding. If your child brings in a packed lunch, we understand that you might like to send in one small treat too, like a packet of crisps, a fruit yoghurt, or a small cake. This is ok for them to eat with their lunch.

However staff have noticed that some children take items out of their packed lunch and eat them at morning break. We would like children to be eating only healthy snacks at breaktime. So please can you remind your child that they should only eat their crisps or cake with their lunch. If staff see pupils eating these items at break time, they will ask them to put the back into their lunchboxes for later.

Some suggestions for healthy snacks are given on the right.

INFANT FREE SCHOOL MEALS

In our last bulletin we mentioned the uncertainty about the future of free school meals for classes R, 1 and 2, and said we would keep you up to date.

Well, when the government did their new Queen's speech in the summer (which outlines everything they intend to do in the next session of Parliament) they had dropped the proposal to scrap free meals. Theoretically someone could still decide to put in a backbench bill, but the ministers involved confirmed they had dropped the idea for now, and it was very unpopular in polls of all party voters during the election.

Usually a Queen's speech only covers one year, but this time they are doing a two year parliamentary session to deal with Brexit. So that means that the government doesn't intend to discuss the idea for at least two years.

So we are all working on the assumption that we can carry on with free school meals for classes R, 1 and 2 for at least two to three more school years. Hope that is helpful for you to plan your budgets!

HEALTHY SNACK IDEAS

Here are some ideas for healthy snacks your child might like at morning break:

FRUIT and VEG

Classes R, 1 and 2 get free fruit every day.

Small apples, bananas or easy peel satsumas are great for playing.

Small tupperwares with chopped items are fun to eat. Why not try:

carrot sticks, orange slices, grapes, melon chunks, chopped kiwis, red pepper strips, halved and stoned plums, strawberries and raspberries, blueberries, pineapple chunks, sugar snap peas or cucumber slices.

Dried fruit like raisins and dried bananas have concentrated sugars, so small portions are better but they still count to your five a day!

BREADS

If your child gets very hungry, you can fill them up a bit more with extra fibre. Try:

A mini bagel with cream cheese.

A small Tupperware with a handful of dry whole grain cereal like Cheerios, or a nut free granola.

Mini quesadillas.

One or two lemon scotch pancakes.

Malt loaf or fruit bread.

SEEDS

We are a nut free school, but sunflower seeds and pumpkin seeds make great nibbles.

TUCK SHOP

Don't forget tuck shop provides varied snacks for only 30p a day.

This week we've been having:

Wraps with cream cheese & grated carrot

Mini veggie burgers & salad in pittas

Crumpets with cheese and grapes

Muffins with ham & apple slices

Bread thins with hummus & cucumber