

All Saints' CEVC Primary School



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Inspire Challenge Succeed

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Dear Parents,

PARENT FORUM

Thank you to everyone who was able to come along to our parent forum. The purpose of the forum was to discuss our new Relationship and Sex Education Policy, the school's approach to embed a healthy eating culture within school and to share the new report format.

Mr Noonan, as PHSE coordinator discussed the key elements of the RSE Policy, which complies with the statutory requirements set by the Department for Education. The key elements of this policy are that the key focus of our teaching will look at how to develop positive and respectful relationships, body parts will be named using the correct biological terminology and we will make explicit links with our science curriculum which follows the National Curriculum. Mr Noonan has now circulated the policy to all parents so that you can understand how we will structure the teaching of each element.

We also looked at how the school promotes and champions the need for children to have access to a balanced, healthy diet at school. We looked at the requirements of the School Food Standards and our aim to ensure that every pupil has access to tasty, and nutritious food, and a safe, easily available water supply during the school day. The following elements will form our School Food Policy, which will be circulated to parents once the draft has been finalised.

The key elements of our Food Policy are:

Water: All pupils and staff have water freely available at all times and are able to refill bottles easily.

Break time: At break times our pupils are only allowed to consume fruit, raw vegetables and low fat savoury snacks such as bread sticks and rice cakes. Sweets, crisps and snacks high in sugar and fat are not allowed.

Lunchtime: Lunches meet/exceed the *School Food Trust's* national standards. All pupils have a choice enabling them to eat healthily. Meeting the government's food-based standards meeting one third of a child's average dietary requirements across a menu cycle.

Pupils are encouraged to taste and eat new foods.

Motivation Cooperation Creativity Independence Curiosity Stickability



Staff, time and seating arrangements are sympathetic to a positive social eating environment for those eating school lunches and those eating a packed meal.

Packed Lunches: Packed lunches are monitored and the curriculum encourages a healthy balance. According to guidance packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous and falafel) every day.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt or fromage frais every day.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed lunches should **not** include:

- Chocolate and sweets are **not** allowed as snacks or in packed lunch boxes
- Snacks such as crisps, should ideally not be a daily component of your child's lunch (Instead, include seeds, vegetables and fruit)
- Meat products such as sausage rolls, individual pies, corned meat and sausages. (Chipolatas should be included only occasionally.)
- Cakes and biscuits are allowed but parents should encourage their child to eat these only as part of a balanced meal.

Special diets and allergies:

- It is the responsibility of parents/carers to inform the school of any allergy issues.
- As a precaution we operate a strict "No food sharing policy". This means that all children, not just those with allergies, only eat their own food.
- The school recognises that some pupils may require special diets that don't exactly conform to the school food standards.

It was really helpful to talk through the key elements of our policy with parents and to take their feedback and comments. We will be following up on any areas discussed within the next few weeks.

We hope that parents work closely with us to promote a healthy and balanced diet and we greatly appreciate your support with implementing the above, particularly for snacks at break time and packed lunches.

NSPCC ONLINE SAFETY SESSION FOR PARENTS

In light of the Parentmails that I have sent home this year regarding concerns about your child's safety online I have received a number of requests to arrange an information session to help parents better understand how to keep their children safe online.

I have arranged a session that will be led by the NSPCC on **Friday 7th June** in the school hall at 9am. This session will last for an hour. I hope that you will take this invaluable opportunity to find out more about the different programmes, social media sites and apps that your child may access and which may compromise their safety. You will be able to find out ways in which you can put measures in place to increase safety for your child online and there will be an opportunity for you to talk to the online experts for any specific questions you may have.

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I do hope that you will make time to come along to this important session for parents.

The NSPCC will also come into school in the summer term to talk to the children about how to stay safe, including online. These will involve children participating in assemblies and workshops.

All of these sessions include trained speakers and a variety of supporting resources. These are all provided free of charge for our school. As a result, I would like to be able to show our support for the work of the NSPCC by holding a non-uniform day on Friday 21st June with a donation of £1 per child for this worthwhile cause. We will also hold a cake sale to raise additional funds at the end of the school day. We would ask that parents send in cake donations for this stall on the morning of the 21st June.

SCHOOL DISCO

Thank you to everyone who gave their time to organise and run the school disco yesterday. The children had a great time and it was lovely to see them enjoying themselves with their friends – it was the perfect start to their weekend!

YEAR SIX ENTERPRISE INITIATIVE

Children in Year 6 will be holding an enterprise food and drink event after school on Friday 17th May in their classroom. Please come along to support this activity and enjoy the delicious treats created by children in Elder class.

I hope you have an enjoyable weekend.

Kind Regards,

Clare Lamb

Headteacher

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