St Jude's Pre-School
St Jude's Catholic Primary School
Bishopsfield Road
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Dear Parents/Carers

Please see the information below:

Statutory Nutrition Guidance



As part of our continued commitment to your child's health, well-being and safety, we follow the latest guidance from the Food Standards Agency and the updated guidance 'Early Years Foundation Stage Nutrition Guidance' from the Department for Education.

Snacks and drinks provided by the setting are healthy options, giving consideration to allergies, intolerances and dietary requirements. Pre-school staff have completed Paediatric First Aid training, Food Hygiene and Food Allergy and Intolerance training. Daily snack choices are displayed in the pre-school kitchen area for parents to view.

If your child has a packed lunch at pre-school, please ensure that you provide a healthy lunch to ensure that we are following the guidance and to help us promote healthy eating.

If you would like any tips on healthy lunch ideas or guidance on how to prepare food for your child to avoid choking please use the following link: https://www.st-judes.info/Pre-School/Snacks-and-Meals/ where you will find further information. Please avoid providing food and drinks high in salt, sugar and saturated fat. Children will have access to milk and water provided by the pre-school.

To keep children safe, and prevent choking hazards, all food must be cut appropriately by staff and parents. A member of staff sits at the table with children whilst they eat. Fruits such as grapes and cherry tomatoes, must be cut lengthways, then in half again (long strips), large fruits, vegetables, sausages, cheese and meat should be cut into long strips/batons.

Due to the increased cost of living, and the government's latest guidance on food and nutrition, the practice of bringing in cakes and sweets on the occasion of a child's birthday is no longer something we can support in pre-school/school and therefore we respectfully ask that parents follow this guidance. If parents would like to share something as part of their child's birthday celebrations, ideas could include fruit or non-edible options such as bubbles to share etc. Any food shared in the setting will be checked for potential allergens.

Thank you for supporting us in creating a healthy and safe environment for all children in our care.

Packed Lunch Content



Thank you to those parents who have been providing a healthy packed lunch. Some children are still bringing in items that are not classed as healthy or is not cut in response to the guidance. We cannot allow children to eat these foods uncut as we must follow the guidance. It is taking a long time to prepare the food which is delaying the children being able to eat their lunches. A useful guide for cheese, sausages and other meat products is to cut them into thin strips. Please do not provide pre-packed food that requires cutting, you will need to unwrap and cut before placing in the lunchbox.
If your child's lunchbox contains food which should be eaten hot, please put this into a food flask and ensure it is pre-cut. We cannot re-heat food.

We will send notes home in lunchboxes if the food is not prepared correctly as a reminder. If this continues, the food will need to be returned uncut. Staff need to be sitting at tables with the children to reduce the risk of choking.

If your child has a packed lunch, we recommend that you place their lunch in an insulated lunchbox with an ice pack, this is particularly important if children are in Breakfast Club and food is left unrefrigerated for a longer period of time.

Lunchboxes need to be clearly labelled with your child's name on the outside of the lunchbox. We will check lunchboxes for potential allergens so that the risk of cross contamination is reduced.

Allergies



We have a no nut policy in the school. Please do not give your child nuts to eat in pre-school or food containing nuts such as Nutella.

We have an individual who has an allium allergy in pre-school. This includes a variety of plants, including onions, garlic, leeks, chives, and shallots. If preparing food for children's lunchboxes, please ensure that it does not contain the above food. Breathing in the vapours of onions or garlic can cause symptoms, causing an allergic reaction.

School Dinners

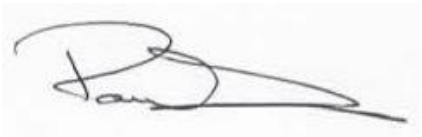


If you would like your child to have a hot school dinner, provided by City Catering, these can be paid for via the school's online system – Tucasi. School dinners cost £3.20 for a two-course meal. You can request a school meal on the day you require it or you can book for the week, permanent dinners etc. If you have not booked in advance, please ask a member of staff when your child arrives in the morning. If your child's session starts at 12pm, dinners must be requested before 9am by telephone if you have not already requested a dinner for that day.

Please see the following link for information regarding school dinners:
https://www.st-judes.info/Pre-School/Snacks-and-Meals/

If you have any questions, please do not hesitate to ask.

Yours sincerely



Paula Cantillon
Pre-School Manager