



Swanton Abbott Primary School

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Youngman Lanes, Swanton Abbott, Norwich, NR10 5DZ



AIM Federation: Small schools, big opportunities

Dear families,

Healthy Eating in Schools

At our school, we are always committed to promoting a healthy, balanced diet for all of our children. We've recently received some feedback and would like to take this opportunity to clarify our eating policy and procedures to ensure everyone is on the same page.

For Doves class, we are fortunate to receive free fruit and vegetables for break time, funded by the government. This helps ensure that they have access to nutritious snacks throughout the day. For our KS2 school children (Owls and Merlins), they are welcome to bring in their own healthy snack from home, such as fruit, vegetables, or cereal bars. However, we ask you that these are **nut-free** due to having **severe allergies** within the school. This means that any snacks containing nuts, including chocolate spreads with hazelnuts or cereal bars with peanuts, are not permitted. Please ensure to check labels carefully.

In terms of lunches, all Doves children are eligible for free school meals, which include a variety of options such as a hot dinner, vegetarian choice, snack pack wrap, or jacket potato. These meals can be booked weekly through the School Money system. KS2 school children are also welcome to order a school lunch via the same system. Additionally, we will keep you informed of any special celebration lunches, such as our upcoming 'Christmas Dinner.'

Children also have the option to bring in a packed lunch from home. We strongly encourage packed lunches to be balanced and healthy. A typical balanced lunch could include a sandwich, a packet of crisps, and a piece of fruit.

Thank you for your continued support in promoting a healthy and balanced diet at school. Should you have any questions or concerns, please don't hesitate to reach out to us.

Yours sincerely,

Fiona Russell
Head of School