



Barbour Nursery School

SUMMARY SHEET FOR PARENT INFORMATION SESSION September 2018

School Meals

- All dinner money should be placed in a sealed envelope every **Monday morning** and given to Mrs Brady personally or posted into the locked "money box" in the entrance hall.
- Write your child's name, their teacher's name and the amount enclosed on the envelope, each time you bring money to school
- If your child has been off sick for any day, please deduct the amount from the following week's dinner money.
- Please phone us if you are going to be late any day, as dinners are ordered from the kitchen at 9.15 am each morning, and only the exact amount will be sent down to us.
- A copy of the menu for each day is posted on the servery door for your information, however it is often better if children do not know in advance what they will be having that day.
- The school has a "Healthy Lifestyle" policy which ensures that children are taught the value of healthy food and encouraged to follow the "5 a day" fruit and vegetable guidelines.
- Menus are carefully designed by a nutritionist and are planned so that a vegetable is served with each meal, as well as the recommended amount of fish and dairy products.
- A dessert is offered each day, with fresh fruit and yoghurt featuring more than "treats".
- Each child will be given a portion of each food item onto their plate each day, even if it is not "their favourite thing". They will be encouraged to try a little bit of each item, but never forced to "clear their plate".
- Desserts are considered a treat, and will not be offered to a child who has refused to eat any of the main meal.
- If a child is experiencing problems with eating at home, please talk to the teacher so that we may work together and provide advice. Equally, if any issues arise in school, we will discuss it with you. Otherwise, assume that all is going well.
- Most importantly - talk to your child in a positive way about school meals. Emphasise the importance of trying new colours and textures of food, and allow your child to help you to buy and prepare food.
- Continue to practise using a knife and fork at home. Children should also be able to drink from a cup (with no lid or teets!) and should definitely not still be using a bottle!
- Once your child stays for dinner they should be picked up at **12.45 pm** (until after Halloween).
- From **Monday 5th November** all children will stay at school until 1.30 pm (unless we inform individual parents otherwise).

Your child _____ will stay for school meals from Monday

_____ and should be collected at 12.45 pm.