



Executive Head Teacher: Andrew Smith B.Ed (Hons), M.Sc, NPQH

Head of School: Nichola Allerston BA (Hons) (QTS), NPQH

Market Rasen Church of England Primary School (VC)

Mill Road, Market Rasen, Lincolnshire, LN8 3BL

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www.marketrasen.lincs.sch.uk

Learning Together for Life

Friday 29th June 2017

Dear Parents,

A new **Packed Lunch and Break Time Snack** policy has been approved and will come into effect in September 2017. This policy was written after talking to pupils, staff, governors and the Food in Schools Team at Lincolnshire County Council. We also took into account parents' views by holding four focus group meetings for parents held at different times of the day to enable as many parents as possible to attend.

The aim of the new policy is to ensure that children are healthy in school and to clarify what children are allowed to consume whilst in school.

A copy of the new policy can be found on the school website. Please visit

<http://www.marketrasen.lincs.sch.uk/parents.html#Policies>

For your convenience we have included some of the main changes to the previous policy below.

- 1) **From September 2017 we will become a water only school.** Please do not send your child in with any drinks other than water (or milk). If your child requires a drink other than water due to medical reasons please supply us with medical evidence and we'd be pleased to make a reasonable adjustment. From September we will provide children with naturally flavoured fruit water at lunch time.
- 2) The following foods are not allowed in packed lunches or for snacks:
 - Confectionery such as chocolate bars and sweets.
 - Sausage rolls and pies/pasties.
 - Chocolate spread as a filling for sandwiches
 - Sugared / toffee and salted popcorn
- 3) Break times:
 - Only fruit or vegetables are permitted as snacks during break time.
 - In Reception and Key Stage One the school provides fruit or vegetable for the children.
 - In Key Stage Two parents should provide fruit or vegetables for the children.
 - No other food is to be consumed at break time.
 - From September we are hoping to sell fruit and vegetables to KS2 children for a small charge.

As previously stated these changes are designed for your child's wellbeing and we look forward to your support with this new policy.

We will review this policy after one year and will once again gauge the views of the school community to see if any amendments are needed.

Yours sincerely,

Andrew Smith

Executive Headteacher

Our Key Values: Caring, Honesty, Commitment to Achieve, Fairness, Co-operation, Respect





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