

# Berkeley Primary School

## Nutrition: a partnership between home and school



Providing healthy, balanced and nutritious food ensures that all children get the right amount of nutrients and energy they need while they are growing rapidly. It is important to develop positive eating habits early on. The early years are a crucial time to set the foundations for a lifetime of good health.



### A healthy plate...

Do you encourage your child to eat a balanced diet containing a wide variety of foods? Our school dinners are planned to include a variety of food from the four main food groups. Children eat together with their friends in the school hall. Seeing their friends eat different foods encourages them to try things that they might not want to eat at home. As well as school dinners, we provide children with a portion of fruit as a snack everyday. [The eatwell guide](#) contains more information about the food groups.

### Drinks...

In school, we provide children with access to fresh tap water in the classrooms throughout the day. At lunchtimes, children are also provided with fresh water. We also provide a drink of milk as part of children's snack. We acknowledge that parents and carers might want to monitor what their children drink. If this is the case, we encourage parents and carers to keep in line with what we provide in school and to only provide bottles of water.



### Portion sizes...

Portion sizes for children aged 1-5 are smaller than an adult portion. It can be helpful to start meals with a small serving. Children can always ask for more if they are hungry. You should avoid making children finish everything on their plates or eat more than they want to. Offering rewards for "clean plates" should also be avoided.

### Packed lunches...

Children in nursery and reception can bring a packed lunch. We ask that you consider "the healthy plate" and nutrition guidance when providing a packed lunch for your child. To keep all children safe, we ask that you also keep to the following guidelines:



- **Do not send any food containing nuts.**

- Ensure food is suitable for your child's developmental needs and is prepared in such a way as to [prevent choking](#).
- Pack food in sealed, insulated bags with an ice pack.
- Clearly label the bag with your child's name and detail the contents.
- Only pack food that can safely be kept at room temperature for up to four hours.



## Celebrations...

There are times in school when we celebrate together and may ask for contributions of food from home (e.g. Christmas and Eid). Parents and carers also sometimes want to send food on their child's birthday to share with friends. If you do send food from home, we ask that you keep to the following guidelines:

- Send packaged items so that staff can check for allergens or ingredients restricted for religious reasons.
- If you want to send home made items, please include a note of ingredients, so staff can check for allergens or ingredients restricted for religious reasons.
- Consider sending fruit platters rather than cakes or biscuits.

## Allergies, intolerances and medical needs...

Allergies can cause serious reactions and even death. Intolerances can cause discomfort and pain. We collect medical information as children start school and create and follow medical plans and / or risk assessments for individual needs. Please keep us updated if anything changes for your child so we know how to act in order to keep them safe.



## Food and religious preferences...

We recognise that families have different food and / or religious preferences. We know that it is vital for us to respect preferences and beliefs. We collect dietary information as children start school and follow plans accordingly. Please keep us updated if anything changes for your child.

## Further Information...

Berkeley Primary School follows the statutory requirements of the Early Years Foundation Stage and has regard for the Early Years Foundation Stage Nutrition Guidance. The full nutrition guidance can be viewed at:

[https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early\\_years\\_foundation\\_stage\\_nutrition\\_guidance.pdf](https://assets.publishing.service.gov.uk/media/6839b752210698b3364e86fc/Early_years_foundation_stage_nutrition_guidance.pdf)