

# Nant-y-Parc Weekly Newsletter



Contact details:  
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22nd September 2023

[nantyparcprimary@sch.caerphilly.gov.uk](mailto:nantyparcprimary@sch.caerphilly.gov.uk)

## CHRISTMAS JUMPER EXCHANGE

This year we have decided to hold a Christmas jumper exchange scheme where families can donate any Christmas jumpers/t-shirts/shirts which your children have outgrown. If these could be donated by Wednesday 8<sup>th</sup> November, we will launder them and have them available for parents to browse and take away on 13.11.23 free of charge. As a school we are trying our best to limit costs around the Christmas period and thought this would be a great way to re-use jumpers/t-shirts/shirts which no longer fit your child.

## ADMISSION TO YEAR 7 (YEAR 6 PARENTS ONLY)

Please refer to pages 3 and 4 for further details on how to apply for your child's place at secondary school. This **MUST** be done by **27<sup>th</sup> October 2023**.

## OPEN EVENING AT ST CENYDD FOR YEAR 6 PARENTS

On Tuesday 3<sup>rd</sup> October, St Cenydd are inviting Y6 parents to an open evening where you will have a tour of the school and experience the subjects on offer at secondary school. There are two session times available 4.30pm and 6pm, but you only need to attend one. The session will begin in the main hall.

*A letter has been sent home with Y6 pupils containing further details.*

## FLU VACCINATIONS

The School Nursing Service will be visiting the school to offer pupils a nasal flu spray vaccine on **10/10/2023**.

The consent form can be completed here: <https://forms.office.com/e/eyggpckOKf> - This link has also been sent out via text.

Please submit **one form per child** no later than 48 hours before the above date. Any consent forms submitted after this time may result in your child not receiving their vaccine on the day. Should you have any difficulties accessing the above link, please contact 01633 431685 for further support.

It's very important to protect your child from flu to make sure they stay as healthy as possible, as flu is likely to circulate this winter. The best flu vaccine for most children is a nasal spray. This is the vaccine that will be given on the day. For information about flu vaccination please visit [phw.nhs.wales/flu vaccine](http://phw.nhs.wales/flu vaccine).

## BEHAVIOUR ON SCHOOL SITE

Please refer to page 6 for the letter which was sent out to parents regarding unacceptable behaviour.

## MACMILLAN COFFEE MORNING

On **Monday 25<sup>th</sup> September**, we will be hosting a Macmillan Coffee morning at school where there will be a selection of cakes and hot drinks to purchase. All proceeds will be donated to Macmillan Cancer Support to support those battling cancer, enabling them to live their lives as fully as they can. From the moment of diagnosis Macmillan are there to help people find their best way through and we feel it is important to do our bit to raise money to support this organisation with their work.

**WORLD'S BIGGEST  
COFFEE  
MORNING**

MACMILLAN  
CANCER SUPPORT

Value of the month: **Respect**

A peek at the next few weeks...



## Diary Dates

25.09.23	Macmillan Coffee Morning – Cakes and tea/coffee available in the hall from 9:15 until 10:15
26.09.23	European Day of Languages
October	Black History Month
03.10.23	Parent Panel Meeting (Focus: Year Plan)
10.10.23	Flu Vaccinations – (all pupils)
13.10.23	1913 Mining Disaster Memorial Day
16.10.23	Shwmae, Su'mae Day (wear red or Welsh theme clothes)
20.10.23	Harvest Festival
25.10.23	Spooky Disco (in class)
25.10.23	Parents Evening

## Term Dates

29.09.23	INSET (school closed to pupils)
06.10.23	INSET (school closed to pupils)
30.10.23-03.11.23	Half Term
21.12.23	End of autumn term 1:15 pm finish

## BEING RESPECTFUL

As a school, we pride ourselves on maintaining positive relationships with parents and pupils. We also pride ourselves on communicating effectively with parents using various forms of communication to ensure that messages have been passed on and that no parent/pupil misses out on key events. However, in recent weeks, several staff members have reported that they have been spoken to in an unacceptable manner as a result of correspondence not being read by parents. We are not responsible for your actions and if you choose not to read the information which is shared, then please do not take this frustration out on staff. As I am sure you can appreciate, staff have a hard enough job in trying to ensure that ALL children are constantly receiving the most amazing opportunities, and whilst you only have to think of your child/ren, they must organise up to 30 children at any one time.

Please note that if you call the school and speak to staff in an aggressive manner, or approach staff in this way, they will refuse to speak to you until you have calmed down. This may mean putting the telephone down until the situation has been defused.

# CAERPHILLY CARES

## Providing residents needing support with a single gateway into the Council.

Need help with things such as financial support, isolation or loneliness, food? We will help you, please contact the team, we will support you to get the right team or service to help all your needs.



[www.caerphilly.gov.uk/CaerphillyCares](http://www.caerphilly.gov.uk/CaerphillyCares)

Tel: 01443 811490

Text: SUPPORT to 07537 414443

Email: [caerphillycares@caerphilly.gov.uk](mailto:caerphillycares@caerphilly.gov.uk)



Tŷ Penallta,  
Parc Tredomen,  
Ystrad Mynach,  
Hengoed CF82 7PG

Penallta House,  
Tredomen Park,  
Ystrad Mynach,  
Hengoed CF82 7PG



Cyfarwyddwr Corfforaethol - Addysg a Gwasanaethau Corfforaethol  
Corporate Director - Education and Corporate Services

[www.caerffili.gov.uk](http://www.caerffili.gov.uk) | [www.caerphilly.gov.uk](http://www.caerphilly.gov.uk)

Dear Parent/ Guardian,

## Admission to Secondary School - September 2024

In September 2024, your child is due to transfer to Secondary School. To secure a place for your child, you will need to complete an application online.

Please visit the Caerphilly.gov website, search for School Admissions and click to 'Apply for a place at school'. The actual web address is as follows:

[www.caerphilly.gov.uk/schooladmissions](http://www.caerphilly.gov.uk/schooladmissions)

You **must** complete the form by the **27<sup>th</sup> October 2023**. Please note, you must include your council tax number on the form. You will find this number on your council tax statement in the top right-hand corner.

Your child's attendance at a feeder Primary/ Junior school does not provide automatic entry into your preferred Secondary school. It is your home address that will determine their catchment school. If your child resides at more than one address (i.e. if there are shared custody arrangements in place), then the address at which the child spends most of the school week should be used.

Please refer to the Starting School Booklet for all information relating to admission to school and other education services



If you should require any assistance with completing the form, or have any queries, please contact a member of the School Admissions Team on 01443 864870 or [schooladmissions@caerphilly.gov.uk](mailto:schooladmissions@caerphilly.gov.uk).

Yours sincerely,  
School Admissions Team  
E Mail: [schooladmissions@caerphilly.gov.uk](mailto:schooladmissions@caerphilly.gov.uk)

# Admission to Secondary School September 2024

As your child enters Year 6 it is now time for you to apply for their place in secondary school

**You must apply by 27<sup>th</sup> October 2023**

You can apply by visiting [www.caerphilly.gov.uk](http://www.caerphilly.gov.uk) and searching for school admissions or by scanning the QR code below

For help and support call the Admissions team on 01443 864870



Dear Parent/Carer,

In Wales, many parents are not claiming the Free School Meals that their children are entitled to. We are writing to remind you to check eligibility and of the additional support that might be available to you.

School meals promote healthy eating, increase the variety of food your child might eat, and can improve behaviour and social skills. If you receive certain benefits, or your circumstances have changed, check if your child is eligible for Free School Meals and the School Essentials Grant via the local authority website. The form is short and only takes a few minutes to complete.

If your child already gets Free School Meals, there could be up to £200 available for School Essentials. This helps with the costs of School Essentials like uniforms and equipment to make sure they are ready for the school day.

September 2022 saw the rollout of Universal Primary Free School Meals to children in Reception. The rollout continues with Years 1 and 2, reaching all primary children by September 2024.

Please note, if you are eligible for certain benefits, parents will still need to apply separately for the School Essentials Grant to access the additional support. This could mean extra funding for your school too.

Kind regards

**'No Limits to Learning!' - 'Dim Ffiniau i Ddysgu!'**



Dear Parent / Carer,

The vast majority of parents, carers and other visitors to our school are supportive of the school and act in a reasonable way. The school expects parents and other visitors to always behave in a reasonable way towards all members of the school community this includes other parents and carers.

Schools are private property. People do not have an automatic right to enter. Parents have an 'implied licence' to come on to school premises at certain times, for instance parent appointments, attending a school event and to drop off or pick up their children.

If a parent, carer or visitor displays aggressive, abusive or insulting behaviour/language that is a risk to others on school site, the police will be called and the person will be removed from our school site.

### **TYPES OF UNACCEPTABLE BEHAVIOUR**

In order to support a peaceful and safe school environment the school cannot tolerate parents, carers and visitors exhibiting the following:

- Disruptive behaviour or disorderly conduct which interferes or threatens to interfere with the operation of a classroom, office or any other area of the school grounds.
- Using loud/or offensive language, shouting, swearing, using profane language, attempting to physically intimidate, use of aggressive hand gestures or displaying temper.
- Threatening to harm a member of school staff, visitor, fellow parent/carer or pupil regardless of whether or not the behaviour constitutes a criminal offence.
- Damaging or destroying school property.
- Sending abusive or threatening e-mails or text/voicemail/phone/social media messages or other written communications.
- Defamation of the school or staff character on Facebook or other social networking sites.
- The use of physical aggression towards another adult or child. This includes physical punishment against your own child on school premises.
- Approaching someone else's child in order to discuss or chastise them because of their actions towards your own children.

All members of the school community have a right to expect that their school is a safe place.

**If a person's behaviour is unreasonable, permission for them to be on the school premises may be withdrawn and if a parent is a threat to our school community eg other parents, pupils or staff then we will ring 999 and ask for police assistance to remove the adults causing the disturbance from the school site.**

Kind regards  
Nicola Davies  
Headteacher



## School Essentials Grant (Replaces PDG Access Grant) 2023/2024

Key changes for families to be aware of for September 2023

- New name – School Essentials Grant replaces the PDG Access Grant
- There is no longer a requirement for families to submit a specific application for the grant. Families of eligible pupils will receive a Post Office letter, allowing the collection of a cash payment.
- The grant provides £125 (except for year 7 which is £200) for eligible pupils [Reception through to Year 11] to buy school uniforms, equipment, sports kit, and kit for activities outside of school.

Eligibility of pupils remains unchanged, full details are available on the Council's Website.

<https://www.caerphilly.gov.uk/services/schools-and-learning/travel,-grants-and-funding/school-essentials-grant?lang=en-CB>

Are you supporting a child with ADHD  
and would like to join a peer support group?



- ♥ Peer Support For Adult Parent/Carers
- ♥ Run By Volunteers With Lived Experience
  - ♥ No Diagnosis Needed
  - ♥ Newport And Surrounding Area
  - ♥ Regular Face-To-Face Meetings
- ♥ Friendly, Supportive And Non-Judgemental
- ♥ Focus On ADHD Plus Other Neurodivergent Conditions Such As Autism.



Find us on Facebook: ADHD + Newport  
Email us: [adhdplusnewport@gmail.com](mailto:adhdplusnewport@gmail.com)



Are you supporting a child with ADHD  
and would like to join a peer support group?



Families Supporting Families

## THIRD THURSDAY OF EACH MONTH 10AM-12.

We are a friendly, non-judgemental and supportive group, run by families for families.

We support families who have children with ADHD plus Autism and other Neurodiversities.

A diagnosis is not needed. You do not need to live in Newport to attend our sessions.

This group is for the adults of the family only and is a space where we can chat without the children present.

This group is held at the Serennu Childrens Centre in Rogerstone. Please text or call Natalie to book a space on 07977 455 592.



Are you supporting a child with ADHD  
and would like to join a peer support group?



**ADHD+**  
Newport

Families Supporting Families

**FOURTH MONDAY EVENING OF THE MONTH**  
**17:30-19:30**

We are a friendly, non-judgemental and supportive group, run by families for families.

We support families who have children with ADHD plus Autism and other Neurodiversities.

A diagnosis is not needed. You do not need to live in Newport to attend our sessions.

This group is for the adults of the family only and is a space where we can chat without the children present.

This group is held at the Serennu Childrens Centre in Rogerstone. Please text or call Natalie to book a space on 07977 455 592.



# DADS GROUP GWENT

Is a support group for any Dad or Male Carer of a child/young person with a disability or developmental difficulty.

It is an opportunity to meet with other Dads in order to gain and provide mutual support based on personal experiences, knowledge and understanding;



2nd Saturday of every month

& Virtually on the 4th Saturday of every month

<https://dadsgroupgwent.wixsite.com/website>  
or email

[dadsgroupgwent@gmail.com](mailto:dadsgroupgwent@gmail.com)

Supported by  **sparkle**  
helpu plant atarraig i ddolgwelw  
helping special children shine



# Family Liaison Service

- Do you have a child or young person diagnosed or undergoing an assessment for a disability or developmental difficulty?
- Do you live in Caerphilly County Borough?
- Do you want to know about local services and activities which you or your child/young person can access?
- Do you sometimes find it difficult knowing who to turn to for help, information or advice?

Our Family Liaison Officers are extremely passionate about promoting appropriate services and support that is available.

We act as a first point of contact for all families, to help with enquiries about services and leisure activities that children and young people can access.

We offer guidance and support to help families navigate the 'system', signpost to the correct professionals and provide support and resources.

We ensure that families are provided with access to appropriate services and to obtain feedback to inform service development.



  
**sparkle**  
helping special children shine

To speak to Lisa, our Family Liaison Officer based in Caerphilly Children's Centre call 02920 867447 or email [Lisa.George2@wales.nhs.uk](mailto:Lisa.George2@wales.nhs.uk)

\*Term time only

# Little Stars

Stay and play parent / carer sessions for children aged 0-4 years  
£6 per family

Would you like the opportunity to meet with other parents and young children in a safe, friendly and supportive environment?

**If yes, then Sparkle's Little Stars sessions are for you and your family!**

The Little Stars Caerphilly group is a great opportunity for parents / carers of children with a disability and / or a developmental difficulty, that reside in Caerphilly borough

STARTING Friday 10th March 2023

10.30-12.00

Caerphilly children's centre

  
**sparkle**  
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helping special children shine



# FREE SCHOOL MEALS

## FOR ALL PRIMARY SCHOOL CHILDREN



### Universal Primary Free School Meals (UPFSM)

It is Welsh Government's aim that every child in primary school in Wales will be eligible for a universal primary free school meal (UPFSM) by 2024, regardless of household income. If your child is in full-time Nursery, Reception, Year 1 or Year 2, they are able eligible for free school meals NOW.

If your child is in Year 3, 4, 5 or 6 they will be eligible for free school meals in September 2023.



### Eligible Free School Meal (eFSM)

Families who meet certain criteria, for example those on lower incomes or in receipt of certain benefits, may be eligible to apply for eFSM. Families in receipt of eFSM are also eligible to receive the Pupil Development Grant to buy school uniforms and equipment, sports kit and equipment for activities outside school. If you think you might be eligible for eFSM please apply.

For more information about the eligibility criteria and the application process for eFSM please visit:

[www.caerphilly.gov.uk/  
Freeschoolmeals](http://www.caerphilly.gov.uk/Freeschoolmeals)



For more information about the eligibility criteria and the application process for eFSM please visit [www.caerphilly.gov.uk/free-school-meals](http://www.caerphilly.gov.uk/free-school-meals) or contact the Catering Team: 01443 864055 [catering@caerphilly.gov.uk](mailto:catering@caerphilly.gov.uk)



# Nant-y-Parc Uniform Station



We have a new storage unit containing uniform for families who may need it.

Please help yourself to whatever size you require for your child.

Can you donate?

Do you have any uniform that you no longer need?

If so, please can you donate to our school office.

\*We cannot accept any personalised items





I provide a service that allows children to grow, develop and learn in a safe, homely and friendly environment. I have extensive experience teaching in schools within the local area (Caerphilly).

- > Open Monday - Friday (7.30am - 6pm)
- > I can negotiate times
- > Full-time and part-time places available (wrap around care provided)
- > Highly skilled and experienced especially with additional learning needs
- > Lots of educational enriched Activities and Outings
- > Registered and Certified
- > Qualified First-Aider



Ruth Coakley - Curious Koala Childcare  
 ☎ 07969 188 762 ✉ curiouskoalachildcare@mail.com

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## easy ways to make lunchboxes healthier



School dinners are changing for the better. You should have noticed a difference in what's on offer, with healthier foods being served.

If your children prefer packed lunches here are some tips to help make their packed lunch healthier too. You can make up the lunch in the morning before school. Or, if you're usually pushed for time in the morning, prepare it the night before and put it in the fridge.

### me sized meals

Even though they are growing children need to eat the right amount for their age. Young children will need quite small portions of foods and older children who are very active may need much larger amounts.

## a healthy lunchbox contains a variety of foods

**Start with starchy foods - always include foods like bread, rolls, bagels, wraps, rice, pasta or potato.**

Start their packed lunch off with some starchy carbohydrate to give long-lasting energy. Use more wholegrain, brown or seeded bread as these are high in fibre. For a change from ordinary bread you could try pittas, bagels, baguettes, ciabatta, bread rolls or wraps.

Wholegrain or plain pasta or couscous can be mixed with meat, fish and vegetables and eaten cold.

**and then Protein**

Add a portion of food rich in protein, such as chicken, lean meat, fish, egg, or a meat alternative such as quorn either on its own or as a sandwich filler.

**add a couple of portions of fruit and vegetables**

Try to add a portion of fruit and a portion of vegetables to help towards their 5-a-day

**need something extra?**

Add a healthy snack like a low fat and sugar yoghurt, currant bun or rice pudding. Unsalted nuts are good to have at home but it is best to leave them out of your child's lunch box.

**thirsty?**

Remember always include a drink. Water, milk, pure unsweetened fruit juice/fruit smoothies (maximum of 150ml per day) are good choices. Fruit juices and smoothies are best drunk at mealtimes to avoid tooth decay. It is important your child has plenty of water to drink, this should be freely available in school.

## five a day



As well as fresh fruit such as apples and bananas you can add variety by including a handful of grapes, chopped fresh fruit salad, orange segments or melon pieces, or a small box of raisins or tinned fruit in natural fruit juice.

- Don't forget to include some vegetables, such as cherry tomatoes, or sticks of carrot, cucumber, broccoli, celery and peppers.
- Once a week, why not go for a colourful mixed salad and a bread roll.

## keep it cool - avoid food poisoning

Lunchboxes should be kept cool - ideally use an insulated lunchbox with icepacks or a frozen carton of juice to keep it cool. If sandwiches are prepared the previous evening, always store them in a fridge overnight. And don't forget to keep the packed lunch cool at school.

here are a few lunch ideas to try, or you could make up your own combinations

Suggestions for a weeks packed lunch menus:

### day one

Multigrain bread or rolls  
Cheddar cheese with apple slices  
or cranberry sauce or chopped  
hard boiled eggs with cucumber or  
lettuce

Banana  
Flapjack  
Pure fruit juice - orange



### day two

Cooked pasta or couscous mixed  
with cooked chicken or turkey,  
tomatoes, and lettuce

Pear  
A pot of fruit yoghurt  
Sparkling water

### day three

Multigrain bread or crackers  
Light low fat cheese spread and  
dried apricots or cucumber

Tangerine /satsuma  
Malt loaf or scotch pancakes  
Pure fruit juice - apple

### day four

Pitta pockets or wraps with ham  
with sliced tomatoes, lettuce and  
cucumber  
Apple

Bara Brith  
Yoghurt drink  
Plain water



### day five

Ciabatta bread or bagels  
Tuna, cucumber, green pepper,  
sweetcorn and tomato  
Pot of mixed sliced fruit

- melon and pineapple cubes  
with grapes  
Rice pudding pot  
Fruit smoothie

## top tips for a healthier lunchbox

Pack foods attractively; cut foods into shapes; use a variety of containers. This is an opportunity to re-cycle packaging e.g. use clean, empty containers

- Involve your child in planning his/her lunchbox. Encourage him/her to try new foods. Variety is the key to a healthier lunchbox. Give praise, reward stickers etc, if they eat new foods.
- You could also raid the fridge for leftovers. Some foods taste just as good cold, such as pizza or pasta. Cook extra pasta or couscous. Mix with cut-up vegetables, and protein such as tuna, then just add your favourite dressing.
- Make sandwiches with thickly sliced bread, or choose rolls or mini pitta breads. Go for wholegrain or wholemeal varieties when you can.

Many children are taking food to school that contains too much saturated fat, salt and sugar. To help parents give their children varied and balanced lunchboxes, here are some practical tips and suggestions.

## tips for cutting down on fat

Cut down on the amount of butter, margarine or mayonnaise you use and use lower fat alternatives.

- Use low-fat sandwich fillings, such as chicken, lean meats, ham, beef, fish (e.g. tuna), boiled egg.

## tips for reducing sugar

Rather than drinks that are very high in sugar, such as fizzy drinks or 'juice drinks', go for water, milk or pure unsweetened fruit juice/fruit smoothies (not more than 150ml/day).

- Replace cakes, chocolates and biscuits with scones, currant buns, fruit bread, fruit, pot of rice pudding or yoghurt.



## tips for reducing salt

Try not to add salt to food that you prepare and check out food labels for foods lower in salt.

## tips for shopping trips

Reading supermarket food labels can help you to buy healthier foods for your child's lunch. Choose more 'greens' and 'ambers' and fewer 'reds' when filling up your shopping basket.

# Healthy drinks in primary schools



There is a legal duty for local authorities and schools to **promote healthy drinking in schools**. The Welsh Government and Welsh Network of Healthy School Schemes recommend a whole-school approach.

Drink brought into school for personal consumption can be subject to restrictions at the discretion of the local authority or governing body of a school. Almost all primary schools in Wales specify:

- **only water on desks, or freely available, in the classroom;** and,
- **only water and milk during break times**

Schools should create an environment and culture where it is **normal and easy for children to drink healthily**. School staff, along with parents/carers, are vitally important in the development of healthy drinking habits for life, through **consistent messages and role modelling**.

## Water and milk should be the only drinks at break times in primary schools because:

- this helps children normalise drinking water throughout the school day, and into adulthood, as the **best hydration method**;
- water quenches thirst and is **easily and freely accessible** to children in school and at home;
- milk is a good source of **protein, calcium and other vitamins and minerals**;
- water has no additional calories, helping to **maintain a healthy weight**;
- drinking water can help to **prevent a range of health issues** such as headaches, bladder and bowel problems;
- water and milk **do not damage teeth**, unlike fruit juices and soft drinks, which include 'free sugars' and/or artificial sweeteners; and,
- squash and flavoured water, including sugar-free varieties, encourage children to develop a 'sweet tooth' and do not provide a nutritional benefit.

# Healthy Eating in Schools: Primary School Food Requirements

## Lunch

Lunch must provide the following foods **regularly**:

- At least one portion of **fruit** each day
- At least one portion of **vegetable** or **salad** each day
- **Fruit based desserts** at least twice each week
- **Fish** at least once each week
- **Oily fish** at least twice in four weeks
- **Meat cuts** at least twice each week

## School Day

The following foods are not allowed **before 6pm**:

- Additional **salt**
- **Confectionery**
- **Savoury snacks**

Where food is provided **after breakfast & before 6pm**:

- **Fruit & vegetables** must also be available
- **Break** time snacks should be **fruit & vegetables** only
- **Condiments** must be 10ml or smaller
- **Cakes & biscuits** with lunch only
- **Potato & potato products** cooked in **fat** or **oil** not more than twice each week
- **Deep fried** or **flash fried** food not more than twice each week
- **Meat products** not more than twice each week

For full details about the primary school food requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

April 2015



WLGA • CLIC

# Healthy Eating in Schools: Nursery School Food Requirements

## Lunch

Lunch must provide **each** of the following foods or achieve the primary school food requirements & nutritional standards:

- **Fruit & vegetables**
- Meat, fish or other non dairy sources of **protein**
- **Starchy** foods
- **Dairy** foods & milk

## School Day

The following foods are not allowed **before 6pm**:

- Additional **salt**
- **Condiments**
- **Confectionery**
- **Savoury snacks**

Where food is provided **after breakfast & before 6pm**:

- **Fruit & vegetables** must also be available
- Snacks should consist of **fruit, vegetables, salad, bread** products, **dairy** products & non dairy sources of **protein**
- **Cakes & biscuits** with lunch only
- **Potato & potato products** cooked in **fat** or **oil** not more than twice each week & with lunch only
- **Deep fried** or **flash fried** food not more than twice each week & with lunch only
- **Meat products** not more than twice each week & with lunch only

For full details about the nursery school food requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

April 2015



WLGA • CLIC

# Healthy Eating in Schools: Primary School Drink Requirements

## Breakfast & Lunch

Only the following drinks are allowed to be provided at **breakfast & lunch**:

- Plain **water** (still or carbonated)
- Plain **milk** (semi skimmed or skimmed)
- Plain **soya, rice or oat** drinks
- **Fruit or vegetable juice** (still or carbonated)
- **Fruit or vegetable juice** (still or carbonated) combined with **water** (at least 50% juice)
- **Fruit or vegetable blends**

## School Day

Only the following drinks are allowed to be provided at other times during the school day **before 6pm**:

- Plain **water** (still or carbonated)
- Plain **milk** (semi skimmed or skimmed)
- Plain **soya, rice or oat** drinks

For full details about the primary school drink requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

April 2015



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# Healthy Eating in Schools: Nursery School Drink Requirements

## Breakfast & Lunch

Only the following drinks are allowed to be provided at **breakfast & lunch**:

- Plain **water** (still or carbonated)
- Plain **milk** (whole or semi skimmed)
- Plain **soya** or **oat** drinks
- **Fruit** or **vegetable juice** (still or carbonated)
- **Fruit** or **vegetable juice** (still or carbonated) combined with **water** (at least 50% juice)
- **Fruit** or **vegetable blends**

## School Day

Only the following drinks are allowed to be provided at other times during the school day **before 6pm**:

- Plain **water** (still or carbonated)
- Plain **milk** (whole or semi skimmed)
- Plain **soya** or **oat** drinks

For full details about the nursery school drink requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

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