

Healthy Eating

As part of our Healthy School status, we have a Whole School Food Policy which aims to:

- Improve the health of children, staff and their families by helping to influence their eating habits, diet and food hygiene.
- Increase children's knowledge of food production in our rural setting and their impact upon health and the environment.
- Ensure all pupils are well nourished at school and have access to safe and nutritious food and an easily available water supply.
- Ensure that the food supply meets everyone's needs (medical, religious, dietary, allergy).
- Make dining an enjoyable and safe experience.

Due to an allergy, we ask that no nut products are brought into school—thank you.

In Studios 1, and 2 children have fresh fruit for morning break provided by National Lottery funding. Studio 1 children also receive free milk at morning breaktime. Children in Studio 3 and 4 are encouraged to bring a healthy snack for their break. All children have a water bottle in class and are encouraged to drink throughout the day.

Our new school kitchen opened in April 2013 and provides delicious and nutritious hot school dinners on the premises. Orders for meals need to be placed with the school office by Wednesday each week for the following week. The cost is £2 per day for a main meal and dessert. Special dietary requirements can also be catered for. Children may bring their own packed lunch (no sweets please), if they prefer. Lunch is taken in the hall in two sittings with the children mixed together at the table in a "family arrangement". We are currently working towards the Food for Life Bronze award. Please visit the website to follow our progress - www.foodforlife.org.uk. Those in receipt of:

- Income Support/Income based Jobseeker's Allowance;
- Child tax credit, (not Working Tax Credit) with an annual income of less than £16,190; or
- Guaranteed element of state pension credit

are eligible for a meal provided by the school free of charge. Please apply online at www.lincolnshire.gov.uk/FSMapply or ask the school office.

Medical Care

If your child joins us in the Reception Year you will be asked to complete a health questionnaire when your child first starts school and the School Nurse will visit to record the children's height and weight. Please let us know if you have any concerns regarding your child's eyesight, hearing, teeth or general health, so that a referral may be made. If the school has any concerns of its own, then we may refer your child to the school Doctor/Nurse, but this will of course be discussed with you.

We ask you not to send your child to school if they are unwell.

The Education Authority recommends that medicines are not brought into school for very obvious reasons. If your child has to have medication over an extended period of time e.g. inhalers, we shall do our best to help and you will be asked to fill in a form regarding the arrangements for the medication your child is to have. **Where a course of antibiotics is involved, we request that the child should not return to school with more than a day's mixture left unless by prior agreement of the Head.**

If your child's health causes concern whilst in school, we shall contact you and make any arrangements appropriate at the time. It is important, therefore, that we have a telephone number where you can be contacted. If a second number of a relation or neighbour can be provided, that would be helpful, too, in cases where you are not immediately available.