



MALDON COURT
PREPARATORY SCHOOL

Snacks in School Policy

Reviewed by: Elaine Mason/Jeni Wilkins
November 2023
To be reviewed November 2024

School Aims

- Children develop a love of learning and come to appreciate the value of their talents and life experiences.
- Children flourish and become enthusiastic and independent learners reaching their full potential through a stimulating, broad curriculum and rich variety of experiences beyond the curriculum.
- Children embrace the traditional values of Kindness, Respect and Courtesy, becoming responsible, independent caring individuals.
- Children are confident happy individuals who are well prepared for their next step in education. This includes: 11+, scholarships and entrance to schools with Specialist Status.
- Children develop the fundamental British Values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs: both in the local and wider community.

Rationale

Maldon Court Preparatory School recognises the need to encourage Healthy Eating and we are committed to ensuring that pupils are encouraged to make wise choices at school and on educational visits and receive the appropriate education in order to have a Healthy and Safe Lifestyle.

Aims and Objectives

- To ensure that pupils understand the benefits of a healthy diet through PSHE, Science, DT, assembly times and class discussions.
- To ensure that snacks are healthy and nut free to protect all children in school.

Teaching and Learning

- Healthy Eating will be taught through the curriculum during PSHEE and Science and further promoted through the Healthy Schools Committee and School Assemblies.
- Only sliced fruit, vegetables and cheese are permitted to be eaten during morning 'Snack Break.'
- Nuts, including sesame seeds, are not to be brought into school. This is to protect children with severe nut allergies. Products containing nuts should be also be avoided.
- Sliced fruit, vegetables and cheese are acceptable. However, grapes, cherry, baby plum and small tomatoes have been cited as a major contributor to choking incidents. RoSPA (The Royal Society for the Prevention of Accidents) states 'Cut up food to a size that children can chew and eat safely e.g. cherry/plum tomatoes, grapes, blackberries and other soft fruits into quarters.' Therefore, children are permitted to have these snacks, but they **MUST** be sliced accordingly. Please ensure **ALL** food that could be a potential choking hazard is cut into small pieces. Please see information at the end of this document.

- Dips are currently permitted, although this will be continuously reviewed depending on the allergies of children in the school. Dips should be in their original packaging to ensure the full list of ingredients is displayed. Many houmous products contain sesame seed paste so should not be brought in unless they are sesame free.
- 'Smoothies' are not acceptable; we do not have refrigeration facilities and commercial products have a high sugar content.
- There are many 'sweet-like' products on the market that suggest they are fruit based and 'lunch-box' friendly; most of these products have little or no nutritional value and have a high sugar content. They are not permitted for the children's morning fruit snack.
- When collecting your child/children please do not allow them to eat food until you have left the school premises.

Natasha's Law

Natasha's Law came into effect on 1st October 2021. The new law makes it a legal requirement to clearly display information about potential allergens on food packaging that is pre-packed for direct sale.

Our kitchen staff are aware of their responsibility to provide correct allergen information. School meals are prepared and cooked on-site and are generally not packaged. All food supplied to the school is checked daily for allergen information.

Our Head Cook keeps a master list of each child's dietary requirements in close liaison with the senior first aider. All staff are aware of those children with severe allergies and robust processes are in place, from receipt from the supplier, to storage, preparation, handling, cooking and serving, to ensure children are not served food which could cause an allergic reaction. Multiple staff are trained in how to treat anaphylaxis and this training is updated on a regular basis.

Any food, such as dips, that parents send into school with their children for snacks, should be in the original packaging to ensure the full list of ingredients is displayed.

Communication

- Reminders will also be sent out throughout the year via ParentMail if deemed necessary.

Monitoring and Evaluation

- Through lessons taught.

- Teachers will monitor what children are bringing into school to eat and that food is not being shared.

DON'T RISK IT, QUARTER IT



Choking is one of the leading causes of death for children under 3. Even if your child is confident eating solid foods, a grape or a cherry tomato is just the right size to get stuck in their windpipe.

www.rospa.com



Children can choke on small foods...

Cut soft fruit into **quarters**

Cut into **small pieces**

ROSPA
Keeping Kids Safe
www.rospa.com/keeping-kids-safe
Lifetime on freephone 0800 801 0822