



# NEWSLETTER



**St Mary's R C Primary School**  
**Haslingden**  
**Tel: 01706 214747**  
**Headteacher: Miss D McNicoll**



17<sup>th</sup> September 2021

Dear Parents,

## **Covid guidance**

All information regarding the confirmed Covid cases in school has been sent to parents of children who have been in close contact with positive cases via Parent App. Thank you all for your cooperation.

## **All Saints High School Open Evening**

This takes place for parents and pupils of children in Years 5 and 6 on Tuesday 21<sup>st</sup> September from 6.30pm – 8.30pm.

## **Parents Information meetings**

A reminder that the following meetings take place over the next 2 weeks :

Class 4 : Wednesday 22<sup>nd</sup> September

Class 1 : Thursday 23<sup>rd</sup> September

Class 5 : Tuesday 28<sup>th</sup> September

Class 3 : Wednesday 29<sup>th</sup> September

Class 2 : Thursday 30<sup>th</sup> September

All meetings are at 6.00pm and we request only 1 parent attends (no children). We also ask that parents wear face masks.

## **Class Photos**

The photographer was in school on Thursday morning taking class photographs for the new academic year. The children brought home a bar code yesterday to scan so you can view and order a copy.

## **Themed lunch**

We are having a whole school special lunch in school on Thursday 7<sup>th</sup> October. All infants get this for free as part of Universal Free School meals.

If your child usually brings a packed lunch from home (and are in the juniors) and would like to join us for the themed lunch, please pay £2.30 via Parent Pay. The menu is attached.

## **Stars of the week**

As we are having our REACH awards on Mondays starting next week, all winners will be announced in next Friday's newsletter.

## **Healthy snacks and lunches**

As you are probably all aware, last term we reviewed our packed lunch and healthy snack policy after consultation with the parent forum group .

For our new parents and as a reminder I thought it a good idea to clarify our expectations on this and also to simplify the system so that parents can better understand and adhere to school requirements.



### **Packed lunches**

Last year, children were increasingly bringing unhealthy choices in their packed lunch.

We have always asked parents to provide packed lunches are of a similar healthy standard to school meals and after requests, we provided a guidelines sheet to help both themselves (and the children) prepare a healthy packed lunch.

A copy is also attached to this newsletter.

### **Items that are not allowed are:**

- Chocolate/ chocolate spread
- Biscuits
- Cakes

(Replace these with fresh or dried fruit)

- Nuts (to safeguard those with allergies)
- Crisps
- Fizzy drinks / cordial (only water/ milk instead)

Please also limit high fat foods e.g. sausages/ pies /pasties to only once a week as a treat.

As you can see from the guidelines, we will have a 'Treat Friday' each week.

We recognise that it can sometimes be confusing to see what some children are allowed to eat if they buy a school lunch compared with packed lunches so I would like to clarify this further. School kitchens have to adhere to very strict nutritional guidelines about what can and cannot be included in school meals. This includes any salt, sugar and saturated fats. All menus compiled by Lancashire must meet these standards and all recipes are scrutinised for their nutritional content. This means that although the children will sometimes have puddings or pizza for example, these are sourced and cooked in a healthier way and are presented as part of a balanced menu over the week.

### **Playtime Snacks**

When the children are in the infants, they are provided with a piece of fruit or a vegetable for their snack which means that their choice is a healthy one. We want to continue this so we ask all the children to bring either a piece of fruit, vegetables , bread sticks etc .

**PLEASE DO NOT SEND CRISPS, CHOCOLATE BARS OR SWEETS.**

Yours sincerely

Miss D McNicoll

## Healthy Lunchbox and Snack Guide

The Pick & Mix 1-6 poster provides a range of ideas and practical tips to inspire families to create healthy school lunchboxes based on the 'Eatwell Plate'

**For a healthy lunchbox pick & mix something from each food group 1 - 6!**



Pick and mix one tasty option from each of the five core food groups to create a healthy lunchbox every day:

1. **Fruit** (e.g. fresh, frozen, pureed and canned in natural juice)
2. **Vegetables, legumes and beans**
3. **Milk, yoghurt, cheese and alternatives**
4. **Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans**
5. **Grain (cereal) foods**
6. **Plain water**

At St Mary's RC Primary School, we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents and carers in securing the best for every child.

## **Aims**

- To ensure children have a suitable midday meal that sustains and prepares them for the afternoon learning.
- To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.
  - To help children develop an understanding of healthy eating.
  - To promote the School Food Trust guidelines and National Standards for healthier eating.
  - To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners and abide by the regulations of the British Nutrition Foundation. Guidelines

## **Guidelines**

The following guidelines for lunchbox contents comes from the statutory guidelines for school provided meals. This ensures equality of entitlement for all children. The recommended contents of a healthy lunch box are:

- A good portion of starchy food e.g. bread, crackers, pasta or rice salad.
- Plenty of fruit and vegetables e.g. an apple, orange, banana, carrot sticks, small box of raisins or any other fruit or vegetable.
- A portion of milk or dairy food e.g. yoghurt.
- A drink e.g. a small carton of milk, juice, or a bottle of water.

### **Packed lunches should not include:**

- Chocolate bars, chocolate spread, sweets or crisps
- Fizzy drinks, cordial or juice

Each Friday, we will be having '**Treat Friday**' where the children can bring in a treat such as one small biscuit or cake e.g. penguin, club, cake bar, small fairy cake etc.

## **Healthy Snacks**

All children in Reception and KS1 receive a free piece of fruit or vegetable everyday as part of the Government's School Fruit and Vegetable Scheme. As children move up into KS2, if they wish to have a break time snack, they may bring in something from home. Healthy snacks can include such items as: -

- Fruit
- Vegetables
- Cereal bars (without chocolate or nuts)
  - Crackers/bread roll/breadsticks
  - Rice Cakes etc

Some cereal bars and breakfast biscuits have very high sugar levels, so please try and choose healthier options where possible.

**PLEASE DO NOT SEND YOUR CHILD WITH CRISPS, CHOCOLATE BARS OR SWEETS**

Parents can continue to purchase toast from school (a piece of fruit will also be served with this from next week).

**Communication of the Healthy Lunchbox and Snack Guide:**

The guide will be available on the school’s website. The guide will be shared regularly with children through PSHE and Science lessons as well as assemblies. The school will use opportunities such as new parents’ meetings and Healthy Lifestyle events to promote these guidelines as part of a whole school approach to healthier eating. All school staff, including, teaching, pastoral, midday and catering staff, will be informed of this guide and will support its implementation.

Please note St Mary’s is a nut free school, so please ensure that children do not bring any nuts, nut products or spreads that may contain nuts, (eg Nutella, chocolate spread, peanut butter) into school.

**Monitoring and evaluation of the Healthy Lunchbox and Snack Guide:**

We fully respect individual parents’ food choices for their children and understand that there are many different needs and tastes. However, if lunchbox contents and/or KS2 snacks regularly fall short of the expectations in this guide, we will communicate this to parents. We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.



A colorful autumn-themed illustration. At the top left, a tree with orange and yellow leaves is partially visible. In the center, a scarecrow wearing a straw hat with a yellow flower and a purple shirt stands in a field. At the bottom, three children are depicted: a girl on the left wearing a blue and white polka-dot beanie and a yellow coat, a boy in the middle with glasses and a blue shirt holding carrots, and a girl on the right with dark hair wearing a pink shirt, holding a basket of apples. The background is a light green sky with a white cloud and several falling leaves.

# Hello Autumn

7th October

British Beef  
or Veggie Burger  
in a Soft Bun

or  
Cheese & Ham  
or  
Cheese & Tomato Calzone

*served with*  
Crispy Fries  
&  
Crunchy Salad Sticks

~  
Sticky Toffee  
Apple Cake

# Menu

**Serving fantastic lunches everyday** - All menus are planned to comply with School Food Standards and all new dishes are tested by children. Our meat is Red Tractor Farm Assured, our fish is MSC certified and we also use a number of Free Range and Organic products throughout the menu. There is always fresh fruit and salad, bread and locally produced yoghurt available daily.

	Monday	Tuesday	Wednesday	Thursday	Friday Favourites
<b>Choice 1</b>	Pork or Veggie Sausages & Onion Gravy	Crispy Fish Fillet Burger & Tomato Ketchup	Roast Beef Yorkshire Pudding & Gravy	Homemade Chicken Curry	Crispy Tempura Fish Goujons
<b>Choice 2</b>	Four Cheese Ravioli & Tomato Sauce (V)	Sweet Chili Quorn Veggie Noodles (V)	Veggie Tomato & Pasta Bake (V)	Free Range Lancashire Cheese Omelette (V)	Homemade Pizza Margherita (V)
<b>Choice 3</b>	Freshly Baked Baguette filled with Tuna & Mayonnaise	Cheese & Tomato French Bread Pizza (V)	Baked Jacket Potato with Choice of Filling	Veggie Meatball Marinara Sui Roll (V)	Summer Picnic Mini Sandwich Rolls Veggie & Sausage Roll
<b>Desserts</b>	Seasonal Fruit with Cumble Topping & Ice Cream	Strawberry Jelly & Fresh Fruit	Lancashire Cheese Crackers with Grapes	Shortbread Biscuit & Melon Wedges	Chocolate Cookie & Milkshake

	Monday	Tuesday	Wednesday	Thursday	Friday Favourites
<b>Choice 1</b>	Vegetarian Brunch (V)	Hash Brown & Baked Beans	Roast Chicken Sage & Onion Stuffing & Gravy	British Beef Burger & Tomato Ketchup	Crispy Battered Fish
<b>Choice 2</b>	Tomato & Mascarpone Pasta (V)	Puff Pastry Cheese Whirl (V)	Crispy Bubble Coated Salmon	Quorn Sweet Potato Curry (V)	Homemade Pizza Margherita (V)
<b>Choice 3</b>	Baked Jacket Potato with Choice of Filling	Freshly Baked Baguette filled with Tuna & Mayonnaise	Cheese & Tomato Pizza Pannini Melt (V)	Baked Jacket Potato with Choice of Filling	Freshly Baked Vegetarian Sausage Roll (V)
<b>Desserts</b>	Chocolate Brownie & Chocolate Sauce	Fresh Fruit Medley & Vanilla Cream	Strawberry Jelly & Fresh Fruit	Lancashire Cheese Crackers with Grapes	Summer Treat Dessert

	Monday	Tuesday	Wednesday	Thursday	Friday Favourites
<b>Choice 1</b>	Veggie Meatballs & Onion Gravy (V)	Creamed Potatoes Broccoli Florets & Carrot Batons	BBQ Chicken Flatbread	Paprika Wedges Garden Peas Sweetcorn	Golden Crumb Omega 3 Fish Fingers
<b>Choice 2</b>	Spaghetti Neapolitan (V)	Homemade Garlic Dough Balls & Salad Selection	Lancashire Cheese Potato Pie (V)	Broccoli Florets & Sliced Beetroot	Homemade Pizza Margherita (V)
<b>Choice 3</b>	Baked Jacket Potato with Choice of Filling	Sweet Pepper French Bread Pizza (V)	Freshly Baked Baguette filled with Tuna & Mayonnaise	Paprika Wedges & Freshly Prepared Salad Selection	Summer Picnic Mini Sandwich Rolls Veggie Sausage Roll
<b>Desserts</b>	Oaty Biscuit & Apple Slices	Fruit Yoghurt Fruit Selection Organic Milk	Homemade Jam & Cream Split	Fruit Yoghurt Fruit Selection Organic Milk	Gluten Free Chocolate Muffin & Orange Wedges

## Week 3

Week commencing  
3rd & 24th May, 14th June, 5th July, 26th July,  
16th August, 6th & 27th September,  
18th October.

## Week 2

Week Commencing  
26th April, 17th May, 7th & 28th June, 19th July,  
9th & 30th August, 20th September, 11th October,  
1st November.

## Week 1

Week commencing  
10th & 31st May, 21st June, 12th July,  
2nd & 23rd August, 13th September,  
4th & 25th October.

Whilst every effort is made to produce the published menus, please note that they may vary occasionally subject to availability and individual school requirements. All our menus are checked using a recognised programme to analyse nutrition. We also work with Lancashire Healthy Schools and support the Change 4 Life campaign. The result is a menu your child will enjoy and that will prepare them for learning in the afternoon.