

Dear Families,

School lunch and snack time information

At Charlton, we are committed to providing a happy, safe, inclusive, and values-based learning community for our children. As such, we require some assistance from you to ensure that any information about your child regarding food allergies, intolerances, dietary restrictions and medical conditions is as up to date as possible.

Our school catering company requires that families share such information with them directly so that they can ensure they are providing correctly for your child. We would be grateful if you could register your child with our catering team if any of the following applies:

- Your child has an allergy, intolerance or medical condition that affects their diet.
- Your child has any other dietary restrictions that cannot be accommodated by our standard menu (e.g. veganism)

Please register your child by using the following link:

<https://edwardsandward.co.uk/registration-form/> Please note, If you have already completed this since September 2023, you do not need to complete it again.

If your child is a vegetarian, avoids any meat or fish for religious reasons, you do not need to register with Edward and Ward, but you do need to ensure that you choose from the options available on our menu that meet your child's needs.

Snacks and lunch boxes

Our school is a nut-free environment.

We take great care to exclude nuts, food containing nuts, and nut derivatives from our menus. A number of people within our community have nut allergies. Therefore, **we request that nut products are not brought into school in any form.** In addition, because of allergies and intolerances, we do not allow swapping or sharing of food items between children as there is potential for an adverse reaction.

Please find below some guidance for packed lunches:



Please aim to avoid regularly including:

- Crisps (alternatives include savoury crackers, breadsticks)
- High sugar and fat snacks such as confectionery - chocolate bars, chocolate coated biscuits, sweets and fizzy drinks (alternatives include small cakes, shortbreads and flapjack or plain biscuits)
- Items that are high in fat or salt. For example: Cooked sausages, sausage rolls, chipolatas, corned meat, individual meat pies

Snack Time

During the school day, all children have a morning break, providing them with the opportunity to eat a snack should they want to. For those children in Reception, Year 1 and Year 2 a daily snack is provided (fruit/vegetable).

We would encourage families to pack a similar snack (fruit, vegetable or a dairy snack e.g. yogurt) for children in Years 3-6. This mid-morning snack is

highly beneficial to their concentration in lessons. We do discourage crisps and chocolate bars as snacks.

Birthday treats

Many members of our school community do have allergies, intolerances and dietary restrictions. Previously, some families have kindly shared sweets/treats/snacks with classes to celebrate a birthday. With the needs of our community in mind, moving forwards, we will be unable to distribute sweets/snacks/treats, and request that these are not brought into school for distribution.

We would like to take this opportunity to thank you for your continued support.

Kind regards,

Heidi Thorne
Inclusion Lead