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20th October 2015

Dear Parents and Carers

Nut Allergy Precautions

We currently have a couple of children in Jotmans Hall with nut allergies. Nut allergies can be very dangerous and can cause severe reactions immediately on contact.

We are a nut-free school but would like to ask for your help in making Jotmans Hall a safer place for these children.

- Please do not bring anything containing nuts into the school;
- If your child has a packed lunch, please do not put any foods made from or containing nuts into your child's lunchbox (including Nutella chocolate spread);
- We often ask children to bring in old boxes and containers for junk modelling but, because of the risk of there being nut traces present, should be grateful if you do not give us food containers.

Lunchbox Suggestions

In addition, we are aware how difficult it can be to provide healthy, exciting snacks and lunches for children who bring in their own packed lunch. Set out overleaf is some guidance regarding healthy lunch options which offer a bit of inspiration! We hope you find this useful.

If you have any questions about this matter, please do not hesitate to come in and talk to a member of staff.

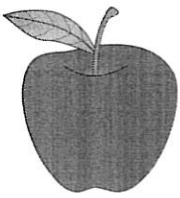
Lastly, please be aware that, following recent events in the news, we will no longer be serving grapes as part of our school meals. Could we please ask, if you send grapes in with your child's packed lunch, that you cut these lengthways to prevent any choking hazards.

Yours sincerely

Mrs G Hindes

Healthy Schools Co-ordinator





Healthy Lunch Guidelines



A healthy lunchbox includes foods from each of the four main food groups:

✓ **Bread, cereals and potatoes—carbohydrates** *Important for energy*

Sandwiches are a lunchbox favourite but for variety you could try: pasta salad, tortilla wraps, couscous and vegetables, rice salad or pizza slices. Your child is at a good age to introduce some wholegrain such as wholemeal bread, wholemeal pasta and brown rice. It's *not* a good idea to give only wholemeal foods, however, as this may fill their little tumms too quickly to get all the calories they need.

✓ **Fruit and vegetables**—aim to include two items. As a rough guide, one portion is the amount they can fit in the palm of their hand. (Please ensure grapes are cut in half lengthways.)

✓ **Meat, fish and alternatives—containing protein** *Helps keep children alert*

✓ **Dairy foods—containing calcium** *For strong bones eg: yoghurt, fromage frais, cheese.*

✓ **And a drink: water or milk** (full fat or semi-skimmed) are the best drinks for children under 5, but you might like to include the occasional fruit juice.

Foods high in fat and sugar: If your child eats crisps, biscuits and cakes at home there is no need to include any in their lunchbox. But if you do put anything extra in, here are some healthier ideas: fruit scone, pancakes, plain biscuits, tea cake or currant bun, plain popcorn, breadsticks or fruit cake.

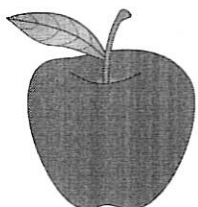
Please don't put chocolate, sweets or fizzy drinks in your child's lunchbox.



As we have some children with nut allergies in the school, please do not put anything made of or containing nuts into your child's lunchbox.

✓ When possible, involve your child in choosing and making their lunch.

If your child is often coming home with lots of leftovers in their lunchbox, it may be because you are giving them too much. Remember, children often have a mid-morning snack either free fruit (for infants) or tuck (infants/juniors). We hope these guidelines are useful and if you have any questions, please do not hesitate to ask.



You can find more information at

www.eatwell.gov.uk and www.bbc.co.uk/food

