

Head Teacher: Mr S Wood, BA (Hons) PGCE NPQH
Acting Deputy Head: Mrs S Roberts, BA (Hons) PGCE

Clifford Road Primary School
Clifford Road
Ipswich
IP4 1PJ

Phone: 01473 251605

Email: office@cliffordroad.suffolk.sch.uk

Website: www.cliffordroad.suffolk.sch.uk

November 2009

Dear Mums, Dads & Carers,

"FOOD NEWS"

Healthy Eating:

We were very pleased last year to be awarded Healthy Schools Status may I take this opportunity to remind you of what can and cannot be consumed within school:

Last term we talked to parents and children about the Tuck Shop and received comments from yourselves. At Parents Council Meetings we have also spoken about this and looked into what the children can eat at playtimes. Following these discussion we will not be running a Tuck Shop at this time., however Key Stage 2 children may bring in a piece of fruit or vegetable to eat at playtime. (Children in Key Stage 1 are always given fruit or vegetables at morning playtime.)

If your child has forgotten their fruit/vegetable then they could go to the office where they may be able to have a piece of fruit or vegetable.

Packed Lunch:

Fizzy drinks, fruit winders and sweets are not allowed in packed lunches. Chocolate covered biscuits such as kit-kats & penguins are fine but bars of chocolate are not. Please ensure that all food is in unbreakable containers clearly marked with your child's name. Children should not share food as some boys and girls have allergies. Nut allergies are sometimes life-threatening so would you please avoid sending in packed lunches containing nuts eg peanut butter sandwiches, as even the smell can trigger an allergic reaction which may require hospitalisation for the sufferer.

Could we also request that if your child brings a yogurt to school that they also bring a spoon! It's a drain on our limited resources to supply disposable cutlery.

Finally, please could you ensure all lunch boxes are named. With many of the boxes being identical this will stop a lot of confusion!

If you have any questions about Healthy Eating, please contact Mrs Roberts our Healthy Schools Co-ordinator.

School Dinners:

A wide range of healthy meals is available from the school canteen, you should have received a copy of the menu or there are copies at the office and on the door of the School Kitchen. The cost of a school dinner has now increased to £2 a day which can be paid weekly, monthly or termly by cash or cheque. Please send dinner money with your child in a **NAMED** sealed envelope or purse/wallet. (Without a name we will be unable to allocate the money to the child!) Please make cheques payable to SCC Clifford Road.

Coats and Jumpers:

With the weather getting colder would you please make sure your child brings both a jumper and coat to school every day and ensure that they are named.

School Photos:

You should have all received your child's school photo. If you would like to place an order, please can you return them to the school office **by Tuesday 17th November**.

Steve Wood
Head Teacher