

# Lunchtimes

## LUNCHTIME ARRANGEMENTS

Nutritious meals are cooked in our school kitchen. The menu is varied and caters for vegetarians and other dietary requirements. Children are encouraged to eat a sensibly balanced meal. We encourage good table manners and the correct use of cutlery. Lunchtime Managers care for the children during the midday break. Menus are available for parents to read.

The Headteacher or a member of the Senior Leadership Team are usually on the premises at lunchtime to ensure the smooth running of the meal.

## SCHOOL MEALS

Newham currently provides free school meals for all primary children, regardless of entitlement on admission to the school. Milk is provided daily, free to all primary pupils at Maryland. Infants are given free fruit.

## HOME DINNER

Children who go home for lunch should be collected from the front entrance of the school, not from their classroom, at 12.00pm and return to the office five minutes before the start of the afternoon session at 12.55pm. Children must wait in the reception area until the afternoon lessons begin and not go into the playground. The Lunchtime Managers are only responsible for the safety of those children who stay for the school meal.

## PACKED LUNCH

If you request that your child brings a packed lunch to school, then this arrangement must be kept for the whole term. Your child will be supervised and encouraged to eat what is packed for them, so please do not give your child more than you know s/he can eat. Packed lunches must be brought to school in a hard container that shuts firmly and must be labelled with the child's name.

Lunches should be nutritious. Ideally they should contain a sandwich as well as fresh salad and/or fruit. The school cannot re-heat food placed in lunch boxes.

Bearing in mind that children cannot clean their teeth after eating, please do not include sweets, biscuits or chocolates for packed lunch. Instead, for dessert, you may pack fresh fruit (a banana is ideal), a cereal bar or cheese and crackers. We also discourage crisps, as the salt content is high and many flavours contain sugar as well.

**Please do not include drinks, as water is provided for all children on the advice of the school dentist.**

# Health & safety

## SAFETY

Safety is paramount for all the children and request that you escort all infant and nursery children to and from school each day. They will not be allowed to leave the premises unless accompanied by an adult. Please notify the school if you are changing your usual escort.

If you need to take your child out of school during the day, permission must be sought from the Headteacher in advance. Please collect your child from the front office; **do not** go to the classroom or playground.

Junior children may come to school and go home alone, provided the school receives written permission from a parent/carer. This rule applies to after school clubs as well. In winter clubs finish when it is dark, so it is safer to collect your child.

## SAFETY IN AND AROUND THE SCHOOL GROUNDS

If you drive to school, please **do not park on the yellow lines** on either side of the school. These are there for the safety of the children leaving through the school gates. Please do not allow children to exit from vehicles that are stopped in the middle of the road as this compromises their safety. Riding bikes, scooters, skateboards, roller skates are not permitted on the school site at any time but can be wheeled through. Playgrounds must be vacated by 3.30pm daily. We encourage children to walk to school if the distance is reasonable.

Parking restrictions are now in place on all roads surrounding the school (Mon to Sat, 8am to 6:30pm).

**Parents are not allowed to park in the school car park or walk through it.**

If parents allow their children to use the equipment before school it is the parent's responsibility to ensure that their child is adequately supervised, especially during wet weather.

## HEALTH AND HYGIENE

NHS services: Reception and Year 6 pupils have their height and weight measured. The school nurse draws up healthcare plans for pupils with medical needs. The school nurse is consulted when the school has concerns about any child's health.

**Children should not be sent to school if they have been vomiting or have been suffering from diarrhoea for 48 hours** after their last symptom, as they may continue to be infectious for a short period after symptoms have stopped.

If the child has a medical condition (e.g. asthma etc) the school should be advised of any changes or developments to the child's condition and if the child has suffered any serious attack recently.

Parents are responsible for the hygiene of their child's skin and hair and long hair should be tied back or plaited. If your child gets head lice then please inform the school and the clinic, and take immediate action.

The school dentist carries out regular inspections to ensure that your child's teeth are in good order. Parents will be notified whenever an inspection takes place. Occasionally health services may inoculate young children against the 'flu virus.'

Talks on hygiene are given to all junior children as part of the school's CPSHE (Citizenship, Personal, Spiritual & Health Education) curriculum.

## MEDICATION (See "Attendance" section)

## SUN SAFETY

In very hot weather parents may wish to put sun cream on their children before sending them to school. School staff are not able to apply sun cream. You should provide a cap or hat to protect your child's head from the sun; also hay-fever sufferers may need to wear sunglasses. There is no need to send bottled water into school. Pupils have access to water in all classrooms and when out playing.