

St Martin's C of E Primary School

Lower Church Lane, Tipton
West Midlands, DY4 7P

Headteacher: Mrs R Rought

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'I can do all things through
Christ who gives me strength'

18th July, 2025

Dear Parents,

Food In School

As part of our science and PSHE curriculum we often teach the children about healthy eating and how it can positively improve your concentration and mood. As a result, we have discussed with staff and have carefully considered guidance from the Early Years Framework as a starting point to our new expectations around this from September 2025.

We have tried to create a common-sense approach to which food is allowed to be bought into school, making some compromises (many schools will only allow fruit and vegetables). We have now finalised on the below, which will become our new expectations from September 25.

Breakfast

As you know, we offer every child a bagel on their arrival at school.

Mid-Morning Snacks - What are snacks for?

Snacks are meant to provide a boost of energy if a few hours pass between meals and blood glucose levels drop. They can help prevent overeating at the next meal by not being too ravenous and they can provide extra nutrients when choosing certain snacks like fresh fruit or vegetables. **SNACKS are not TREATS** – this is something different and can be enjoyed every now and then as a treat – AT HOME.

All children in Nursery, Reception and Years 1 and 2 are offered a free piece of fruit each day, so there is no need to send an additional snack if you do not wish to. If you do wish to send your child with a healthy snack, this would ideally be a piece of fruit or veg, but there are other good options as well. **Please remember we are a nut free school; we have children and staff members with nut allergies.**

Carbohydrates	Protein and Dairy	Fruit and Veg
Plain popcorn Oatcakes Plain rice cakes Breadsticks Plain crackers Corn crackers Crackerbread	Hard-boiled egg pieces Houmous Slices of cooked meat Natural yoghurt Cheese – BabyBel, Edam, Cheese Spread	Carrot sticks Cucumber sticks Apple slices Banana Seedless grapes (cut into quarters) Small orange

Manufactured food high in fat or sugar are NOT allowed in school, this includes e.g. sweets, crisps, high sugar cereal bars, cakes or chocolate bars etc

If these snacks are bought in, the child will be asked to take them home and an alternative will be offered.



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Drinks

Drinking water is provided by the school and the children can bring their own drinks bottle to fill up. Fizzy drinks and sugary drinks are not allowed. Children can bring in no-added-sugar or sugar-free juice, squash, cordials or flavoured water if they wish. The aim with liquids to stay hydrated is to drink smaller amounts regularly rather than guzzle down huge amounts once in a while.

Lunch Boxes

Children who do not wish to have a school meal will need to bring a packed lunch. Please include food you know your child enjoys and check that you send an appropriate quantity as children can often bring far more than they can manage. We send lunch boxes home with all the cartons, wrappings and peel etc to help parents monitor how much their child is eating. We would ask that you consider sending food in eco-friendly containers, so that they can be re-used, reducing the rubbish we are creating.

We recommend that packed lunches mirror the national school food standards to provide a balanced midday meal that should include. Although we do not intend to monitor the food sent in lunchboxes, we will speak to you if we have concerns.

- a (fist sized) carbohydrate portion for energy (such as a roll, bagel or pitta bread, a wrap or a potato, pasta, rice, rice cake, couscous or noodle salad) These starchy foods are important for children. They are filling and provide energy.
- protein (a palm sized portion of, for example meat, chicken, tinned fish, beans, hummus, egg or cheese) Growing children need the protein, iron and vitamins these foods provide.
- a dairy portion (eg size of two fingers of cheese, a cup of milk, fromage frais or yoghurt) The calcium and protein in this food group are needed for building strong bones and teeth.
- vegetables and fruit (like salad, carrots, celery, tomatoes or cucumber and all kinds of fresh or dried fruit) These foods provide fibre and vitamins which help to keep your child healthy.
- You could also give your child one of the following - fruit bread/ malt loaf/ banana cake/ plain fruit/ cheese scone etc

Below are some websites with more packed lunch ideas for you to try.

[Healthy Lunchbox Ideas - Healthy Little Foodies](#)

[90 Healthy Kids' Lunchbox Ideas with Photos! - SHK](#)

Thank you for your support

Yours faithfully

Mrs R. Rought
Headteacher

