

## Staying for lunch

If your child is attending all day or for an afternoon session you can purchase hot school dinners through the parent pay app. Booking is flexible so it is possible to swap between lunch boxes and dinners.

### Healthy Lunch Boxes

Eating a healthy, balanced lunch is vital for ensuring children have the right nutrients and enough energy to see them through the nursery day, however, achieving this balance is not always easy. The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all of the nutrients they need to stay healthy.

A lunchbox should:

#### **Be based on starchy foods:**

- This can include potatoes, bread, pasta, rice, couscous, wraps, pitta and chapatti. Where possible wholegrain varieties should be chosen, e.g. wholemeal bread.

#### **Include plenty of fruit and vegetables:**

- Include 1-2 portions and vary these throughout the week.
- You could add sliced vegetables into a pasta dish or sandwich.
- You could also include packs of chopped fresh fruits or individual packs of dried fruits.

#### **Include a portion of beans, pulses, fish, eggs, meat, a dairy food and/or a non-dairy source of protein:**

- Use beans, pulses, fish, eggs, meat and other sources of protein as sandwich fillings or in a salad.
- If you're not including a dairy food in the main lunch item (e.g. in a salad or sandwich), add a yogurt or some cheese, such as a Cheddar stick, to the lunchbox.
- If you're including a dairy alternative, e.g. soya yogurt or milk, choose varieties which are unsweetened and fortified with calcium.

#### **Include a drink:**

- Healthy options include water or semi-skimmed milk.
- You could also give your child fruit juice or smoothie – but remember, fruit juice and smoothies should be limited to a combined total of 150ml a day. You could always dilute fruit juice with water.

### **Did you know Healthy Start**

is a government scheme to help improve the health of pregnant women and families with young children on benefits and tax credits. To see if you are eligible, how to apply and for more information please see <https://www.healthystart.nhs.uk/>

### Out and About

This term we are planning to get out and about as much as possible. Typical examples might be a trip to the park, boating lake, library or going to the shops to buy ingredients for baking. Risk assessments will be carried out before any trip and we will of course check your admission form to confirm you have signed the 'short trip' consent section. Additional permission forms are used for longer trips out and those involving a coach.

### Start and end of each session

Could children please be dropped and collected from the nursery classroom door. For children attending morning sessions, please enter through the green gate opposite the River Centre (Barnardo's), this entrance is also used for 12pm collection and afternoon session drop off. For collection at the end of the day could you please use the reception gate entrance and exit through the nursery gate.