



# Elveden Church of England Primary Academy

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Headteachers : Mrs L Rourke and Mrs A Grimes

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Dear Parents/Carers,

We would like to give you some feedback following the perception survey about school lunches, snacks and drinks.

- If you think you may be entitled to free school meals due to low income, please claim. Come into school and we can help and advise you how to do this. This generates additional money for the school to spend on supporting your child in many different ways. Don't wait until your child is in year 3, do it now.
- Lots of children enjoy roast dinner on Thursdays and fish and chips on Fridays. The head of kitchen is going to look at the menu to make the other days as popular by tweaking the planned menus. We are going to do this to appeal more to our children. School meals follow strict government guidelines so we will still need to reduce the levels of fat, salt and sugar.
- We will also introduce jacket potatoes with tuna, cheese or beans every day. The salad bar is also available every day.
- We provide a vegetarian option each day and we will cook enough for all those children who may not be vegetarian but want to choose a meat free option at any time.
- Children in reception, year 1 and year 2 are all entitled to a free lunch so encourage your child to give it a try.
- We don't like waste so once everyone has been served, we will encourage children to come up for seconds.



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- The school regularly meets the needs of children with special dietary requirements. If your child has an allergy, we can accommodate this. Please come in and speak to us. All kitchen staff have received allergen training.
- We will be introducing home cooked, morning snack which will be 50p a day. This must be ordered via the school office by the previous Friday for the whole of the next week and children can bring in the money each day. You will be provided with a slip with options for the week and you can specify which days your child would like. This allows Forest Academy to cater for the correct numbers.
- We recognise children get hungry by break time but please do not send high fat, or high sugar snacks e.g. chocolate bars, cereal bars that contain nuts or crisps. EYFS and KS1 are provided with free fruit every day.
- We have always encouraged children to drink water in school and we ask that you only send water in their water bottles. You can send low sugar drinks in for packed lunch if you wish (Not fizzy) but we would suggest encouraging them to drink the freely available water.
- Year 5 and 6 children will be using plates and bowls for their lunches rather than trays which are used by the younger children. Please encourage your child to use a knife and fork correctly at home and learn to cut up their food sensibly as this is something we continually reinforce at school.
- There are lots of ways we can all make healthier food choices and the children will learn much more about this in school. This table provides some ideas to get you started.



Swaps	Things to swap from:	Things to swap to:
Breakfast swap	<ul style="list-style-type: none"> <li>- Sugary cereals</li> </ul>	<ul style="list-style-type: none"> <li>- Plain porridge</li> <li>- Plain wholewheat biscuits</li> <li>- Plain shredded whole grain</li> </ul>
Drinks swap	<ul style="list-style-type: none"> <li>- Fizzy drinks</li> <li>- Sugary drinks</li> <li>- Sugary squash</li> </ul>	<ul style="list-style-type: none"> <li>- Water</li> <li>- No-added-sugar drinks</li> <li>- Sugar-free drinks</li> <li>- Lower-fat milks</li> <li>- Diet drinks</li> </ul>
After school snack swap	<ul style="list-style-type: none"> <li>- Muffins</li> <li>- Cakes</li> <li>- Croissants or pastries</li> <li>- Biscuits</li> <li>- Chocolate bars</li> <li>- Cereal bars</li> <li>- Sugary breakfast cereal</li> <li>- Puddings</li> <li>- Sweets</li> </ul>	<ul style="list-style-type: none"> <li>- Fruit, fresh and tinned (in juice not syrup)</li> <li>- Cut up vegetables such as carrot or cucumber sticks</li> <li>- Plain rice cakes</li> <li>- Toast or bagel with spread such as low fat spreads and reduced fat hummus</li> <li>- Wholewheat biscuits and shredded whole grain cereals</li> <li>- Plain unsalted nuts</li> <li>- Fresh or tinned fruit salad (not in syrup)</li> <li>- Fruited teacake</li> </ul>
Pudding swap	<ul style="list-style-type: none"> <li>- Chilled desserts</li> <li>- Cakes</li> <li>- Ice cream</li> <li>- Puddings</li> <li>- Yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>- Fruit, fresh and tinned (in juice not syrup)</li> <li>- Fresh or tinned fruit salad (not in syrup)</li> <li>- Sugar-free jelly</li> <li>- Low-fat, lower-sugar yoghurt</li> </ul>

Yours sincerely,

Mrs Rourke and Mrs Grimes.

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