

HIGHFIELD NURSERY SCHOOL

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Dear Parents and Carers.

NO NUTS!



We would like to inform you that we have some children with severe nut allergies in Nursery and we would like to ask you to ensure no nuts are brought into Nursery. This includes whole nuts, chocolate with nuts, biscuits with nuts, peanut butter, pastries with nuts, chocolate hazelnut spread, or anything with nuts in. If nuts are brought onto Nursery then they will be sent home.

EATING HEALTHY!

We are also encouraging children to think about being healthy and eating healthy at nursery. Thank you to all the parents who are providing the children with a healthy snack each day, its lovely to see many parents bringing in fruit and vegetables. Can I remind you if you brings grapes to ensure you cut them in half-length ways to reduce the risk of choking.



If you are staying for dinner, we are encouraging the children to have a healthy lunch box too! This should include:

- · One starchy carbohydrates (bread, potato, rice, pasta)
- · Include fresh fruit, vegetable or salad
- \cdot Include a side dish such as a low fat and lower sugar yoghurt (or dairy alternative)
- · Include a drink such as water, sugar free or no added sugar drink.
- · Avoid foods that are high in fat and sugar such as chips, cakes, sweets, chocolate, fizzy drinks, fruit shoots etc





Startwell Packed Lunch Food Ideas

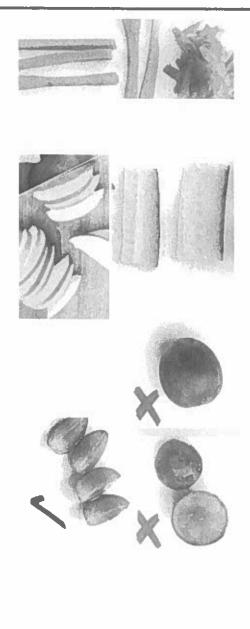


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Ok all of the time Amber Foods = Occasional (once a week maximum – check policy)		Savoury Foods		Savoury Foods	Fruit and Vegetables
Ok all of the time Amber Foods = Occasional (once a week	n your Lunchbox	these ir	icy)	maximum – check pol	
	ever, Please Do Not have	Red Foods = Ne	once a week	Amber Foods = Occasional (c	Green Foods = Ok all of the time



chew their food well. Choking can happen with any foods. For young children, food can be a choking hazard, especially when they do not

as seen in the pictures below. Especially grapes, they should be cut into quarters. When bringing foods to Nursery it would help us if you could please slice foods,





Drinking Water



It is important that children drink enough during the day, so that they don't become dehydrated and tired. Water is available throughout the day at Highfield Nursery School.

Water and milk are the most suitable drinks for children.

Water: tap water, still bottled water.

Milk: semi-skimmed milk, will be provided by the nursery, which will be given out at the end of the session. No flavoured milk allowed.

Not suitable: fruit juices (including pure fruit juice), smoothies, sparkling water, squash, fizzy drinks, flavoured milk, drinks labelled 'no added sugar', diet or zero.