



# ST. JOHN'S CE INFANT AND NURSERY SCHOOL (VC)

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Headteacher: Mrs A Aharon

Deputy Headteacher: Mrs D Leggett

Monday 20<sup>th</sup> March 2017

Dear Year Two Parent/Carers

## Trip to British Schools Museum

We have booked a trip for the Year 2 children to visit the British Schools Museum on **Wednesday 3rd May**. This will link in with their Victorians topic. They will be travelling by coach which will be leaving school at **8:40am** and returning before 3pm. Please ensure your child is in school at **8:25 am** on the day and pick up as normal at their classrooms at the end of the day.

The voluntary contribution for this trip is £11.58. If you receive benefits and would like financial assistance please see Ms Hameed confidentially at the office. If possible please pay for your trip using your Gateway account.

As all children are entitled to a Universal Free School Meal the kitchen can provide a packed lunch for the trip. The packed lunch will consist of a roll, crudities, fruit, oat cookie and a drink.

Please indicate on the slip below (or on Gateway) if you wish us to provide the packed lunch and which roll filling.

If you prefer to provide your own fully disposable packed lunch including a carton of juice (please see our healthy schools packed lunch policy on the back of this letter) please indicate on the form below.

If you wish to take up the option of a school packed lunch the reply slip must be returned to the school office no later than Wednesday 19<sup>th</sup> April.

Your child will need:

- A bottle of water
- Packed lunch – school or own

If you have any further questions about the trip please ask Mrs Ramsbottom or Miss Airey at the end of the school day.

Yours faithfully

Alice Aharon  
Headteacher

✂ .....

Child's name.....Class.....

I give permission for my child to go on the Year 2 trip to the British Schools Museum via my Gateway Account/  
Cheque/Cash \*

My child would like a school packed lunch with a

**Chicken roll**  **Cheese roll**  **I will provide my own packed lunch**

I would like to help on the trip ..... (print name)

Signed.....Date.....



## **PACKED LUNCHES - GUIDELINES**

At school we aim to encourage all children eat a healthy balanced meal at lunchtime.

Nutritional guidelines state that every child should have a meal including one piece of fruit, one vegetable, one milk or dairy item, one portion of meat, fish or other protein and one starchy food such as bread, pasta or rice.

The lunchtime staffs encourage the children and also monitor what the children are eating. If any problem arises the senior meal time supervisor will share this with the child's class teacher so they can discuss further with the child's parent/ carers.

All food that is not consumed will be sent home so parent/ carers can monitor themselves what the children are consuming.

### **Packed Lunch Containers**

Pupils and parents/carers are responsible for providing a suitable packed lunch container where food items can be stored securely and appropriately until the lunchtime period.

Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Foods are at risk of bad bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

**Pupils who provide their own packed lunch for school trips should ensure it is fully disposable including the drink container. The school has purchased 60 backpacks with a reusable cold gel pack to be used by the children on a trip.**

A "Healthy lunchbox" would be one that contained a healthy mix of foods, including something savoury. We suggest the sandwich be savoury rather than sweet.

### **The children also seem to like:-**

- Cherry tomatoes (cut in half)
- Sticks of carrots, celery, and cucumber
- Grapes (cut in half) and other fruit
- Yoghurts
- A drink
- A small piece of cake

### **Don't forget to include things that are easy to open and handle.**

- Please ensure your child has a drink (no fizzy drinks)
- No chocolate bars, sweets or crisps please. Rice Cakes would be an alternative.

We suggest you provide a variety of foods in small portions that can be eaten by your child in approximately 30 minutes

**NO NUTS, NUTELLA OR PEANUT BUTTER ALLOWED DUE TO CHILDREN WITH NUT ALLERGIES.**