



## An Lester Trumach - The Packet Ship

Dear Parents

The next instalment of the updates taken from the presentation slides for the parents' meetings held at the beginning of term follows this page. I apologise that it makes for a lot of reading, but it is all very important, particularly the section concentrating on packed lunches as we held a joint Staff, Governor, Kitchen and Parliament Food Committee meeting to agree a policy last week.

Congratulations to both the sports teams who played in last week's matches. The **Netball B Team** immediately put into effect the hard lessons they learnt in their first game and ran out with a 4-2 victory against Falmouth Primary School. A great team performance, but special mention must go to Maddie who scored all 4 goals!

Packet Points						
Last Week				Total		
1 <sup>st</sup>	<b>Fox</b>	33	7	1 <sup>st</sup>	<b>Pelham</b>	22
2 <sup>nd</sup>	<b>Chichester</b>	27	5	2 <sup>nd</sup>	<b>Chichester</b>	17
3 <sup>rd</sup>	<b>Pelham</b>	21	4	3 <sup>rd</sup>	<b>Freeling</b>	16
4 <sup>th</sup>	<b>Swiftsure</b>	20	3		<b>Swiftsure</b>	16
5 <sup>th</sup>	<b>Freeling</b>	17	2	5 <sup>th</sup>	<b>Fox</b>	14
6 <sup>th</sup>	<b>Walsingham</b>	16	2	6 <sup>th</sup>	<b>Walsingham</b>	6

The **Football** Team was also victorious, winning their game against Mawnan Smith 2 goals to nil. Well done to all the players. Games on Wednesday this week are:

Netball – A Team vs St Francis A (Falmouth School)

Football vs St Francis (Penryn College)

Thank you to all the parents willing and able to provide lifts and offer your vocal support.

### Falmouth Oyster Festival 2017

The Festival Grand Oyster Parade seems to have come around especially quickly this year. It opens on Thursday with winning stories from the Morgawr Competition being performed in the main marquee, followed by a joint school rendition of *The Oyster Is Our Friend*. Our two food ambassadors, Chloe Baker and Joseph Rhodes will then be seated at the top table to take part in the demonstration meal cooked by Dale Mcintosh, head chef at Gylly Beach Café and Master Chef Professionals contestant. Marlborough's winning *Morgawr and the Pearl* entry was written by Esme Gowers – well done Esme... there will be a place for you at the ceremony to see your story performed. Any parents who would like to come down to the ceremony will be most welcome (Esme, Joe, Chloe and choir members will need to be there by 09:45, returning to school around 12:30). We will also need many hands at the Grand Oyster Parade on Friday, which will gather at 14:30 at the Moor and process to Events Square for 16:00. Parents collecting children from the Maritime Museum area should plan to arrive at or as soon after 16:05 as possible to keep congestion to a minimum. Full details of arrangements will be sent home with the children today. Apologies for the short notice!

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**APPLICATIONS FOR CHILDREN IN y6 LOOKING FOR A y7 PLACE AT SECONDARY SCHOOL NEXT SEPTEMBER (2018)**

**NEED TO BE MADE BY MIDNIGHT ON 31<sup>ST</sup> OCTOBER 2017.**

**IF YOU NEED ANY ASSISTANCE PLEASE DO NOT HESITATE TO CONTACT THE SCHOOL OFFICE.**

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<http://marlborough.eschools.co.uk>



## Marlborough Food Policy – Healthy Eating: School Meals, Tuck and Packed Lunches

The first, most important, news on the food front is the safe arrival of Jess's baby: Alma June was born at the end of August. This is probably old news for many of you now, but Jess only recently dropped in and we wanted to be sure she was happy for the birth to be announced on the school's newsletter. I'm sure you would all want to add your congratulations.

This week's follow up focus to the parents' meetings is appropriately timed too because on Tuesday I will be representing the school at the national *Educatering* awards in London. There are three finalists in each category. Jess has been nominated as *Self-Managing School Caterer of the Year* and I have been put forward for the *School Food Plan Award*.

I spoke at the meetings about the thinking behind this plan; that our meals and teaching about balanced diets is seen as a core responsibility in our duty of care. Safeguarding and the well-being of pupils during their time at school is paramount – but in keeping them safe today we aim also to help them keep fit and healthy in the future. The varied menus we provide also introduce them to new ingredients and dishes, hopefully broadening eating experiences for a lifetime ahead. Encouraging children to try unfamiliar food also helps them to take positive risks in their learning. A key message from the kitchen that I was asked to give at the meetings was to request very strongly that all parents support the lunchtime staff in the service by 'talking up' the menus. Please don't let on that you might not like certain things and never suggest that your child(ren) might not like something (s)he has not tried before.

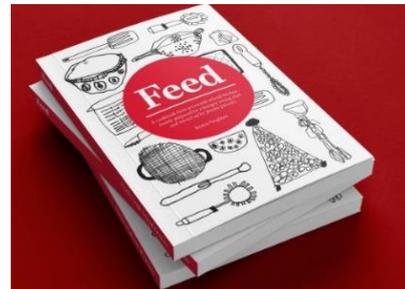
All of the food we serve in school has to comply with the national school food standards. These ensure that every meal is balanced and that there is an appropriate range of different ingredients through each week. The Food Standards do ban a couple of items such as chocolate confectionary and sugared drinks. For health and safety reasons we have to include nuts here: Marlborough is a **nut-free** school.

It is only fair, in the children's eyes, that **Packed Lunch** meals reflect the same food standards. The children are eager to be able to sit together with friends regardless of whether they have a school meal or bring one from home. When they do, those who have a school dinner have become increasingly irritated by the content of some packed lunch boxes and, following guidance from the healthy schools group, the children's Parliament Food Committee have opted to adopt the recommendations as our *School Packed Lunch Policy*. We've included the *Healthy Lunch Box* guidance with this newsletter. It is also copied to our website along with a *Healthy Snacks* information sheet. These are intended to provide a positive message of what food is suitable in school although the message is clear that chocolate, confectionary and high fat and sugar content products are simply not permitted. The advice that fruit should be fresh is pertinent – some packaged processed fruit may contain no added sugar, but everything else has often been 'cooked' out and the sugar intake for children eating these is surprisingly, and worryingly, high.

The school will support you and help in putting this new policy fully into place... By half term we will expect to see no confectionary or high fat crisps, etc provided for consumption in school.\* From November, such items will be replaced by healthy options from the school kitchen and returned at the end of the school day. This may seem harsh, but it comes at the request of children and following a significant decline in the health quality of lunch boxes: it is a policy designed for the well-being and long-standing good of all children in our care at the school. The Parliament children eager to provide information (they've an app that reads the sugar and fat content of foodstuffs from their bar-codes) and they'd also like to run a practical packed lunch workshop.

This does all read very seriously – and in fact so it should... The national food standards, y0 and y6 height and weight checks, the provision of fruit and vegetable tuck and of universal free school meals for infants, were introduced to address a clear increase in obesity nationally. Marlborough is proud of the way we have risen to the challenge of improving food quality and education. We're also proud of the way children have taken responsibility for helping each other to take wise choices and to develop healthy habits.

Something else of which we're also immensely proud is the school recipe book **Feed**. Written by Jess with photographs and project management by Ruth Littlejohn, the second edition has now gone to press. Hold on to your first edition copies as they may well become valuable antiques of the future, but if you're struggling to think of original Christmas gifts... don't be slow to place your order! **See the *Feed* link on the website.**



A couple of practical updates with regard to **Lunchtime Arrangements**:



We are obliged to run a staggered lunchtime service, serving y0 and y1 at 12:00 and y2 after a short break at 12:10. Junior service begins from 12:20 – with children being called in to three groups (Red, White or Blue fleet).



The fleets help children to sit regularly with friends and help with organising outdoor space including, when possible, access to the field.



Plates are provided for children bringing lunch boxes from home. Water, plates and, where required, loan cutlery and beakers are also available

On Wednesdays, lunch will be served a quarter of an hour earlier for all children.

A limited number of adult lunches can be ordered for you to have lunch on occasions with your children.

**Tuck** – Infants will continue to receive their fruit and vegetable snacks. Juniors may bring in cheese, fresh fruit or vegetable snacks. The Food Committee are also hoping to reinstate their own Healthy School Tuck shop basing their products on the healthy snacks sheet below.



Until then... the kitchen would like to set you a **Root Vegetable Challenge**:

Pick any root vegetable and try a new way to cook it. Send any recipes you particularly enjoyed to Hattie on [kitchen@marlborough.cornwall.sch.uk](mailto:kitchen@marlborough.cornwall.sch.uk) and the kitchen team will endeavour to recreate it here.

Some suggestions:

soup, mash, roast, chips, baked, steamed...

...the possibilities are endless.

*Rogambier*

*\* Please note that special treat items brought from home to celebrate special events such as birthdays will still be allowed! Home-made cakes may be served at (afternoon) break and commercially produced treats given out at home-time. At the school's discretion there will also be occasional festival days where strict regulations may be relaxed for celebration food.*

<http://marlborough.eschools.co.uk>





# A Healthy Lunchbox!



Choose an item of food from each of the five sections

CARBOHYDRATES for energy Portion: size of fist	PROTEIN for growth Portion: size of palm	DAIRY for strong bones/teeth Portion (cheese): size of two fingers	VEGETABLES for health Portion: handful	FRUIT to fight disease Portion: handful
Bread roll	Chicken slices	Natural yoghurt in a small pot	Carrots, cut into sticks	Fruit salad in a pot
Crackers	Bean salad *	Soft cheese spread	Roasted vegetable salad	Banana, cut a slit in the top for easy peeling
Oatcakes	Hard boiled egg	Cream cheese	Coleslaw *	Canned fruit in natural juice
Zebra sandwich (1 slice brown bread/1 slice white)	Fish pate * (e.g. mackerel mixed with cream cheese and a squeeze of lemon)	Lancaster cheese with a chutney dip	Raw broccoli or cauliflower cut into mini florets	Apple cut into wedges and wipe with lemon juice and place in a sealable pot
Tortilla wrap	Houmous *	Cup of milk	Sugar snap peas	Dried fruit (half portion size)
Couscous salad *	Kidney beans mashed with a little French dressing	Custard in a small pot	Red and yellow pepper sticks	Seedless grapes cut into quarters
Pasta or rice salad *	Quiche slice *	Edam cheese, cubed	Sweetcorn from a can, drained	Fruit juice or smoothie (mix with 50% water)
Wholemeal pitta bread	Prawns defrosted and dried on kitchen paper and placed in a pot	Grated / sliced cheddar cheese	Cherry tomatoes cut into quarters	Kiwi fruit top removed, serve with a spoon
Bread sticks	Roast meat leftovers	Cottage cheese	Watercress	Melon wedges or cubes
Potato salad	Salmon or tuna	Nibbles of different types of cheese	Tomato salsa *	Nectarine, plum, pear
Bagel	Sliced ham	Rice pudding in a small pot	Avocado dip *	Easy peel clementine
French toast	Butterbean Spread *	Fromage frais in a small pot	Assorted salad leaves	Berries in a small pot
Savoury scone *	Sunflower Seed Butter	Apricot fool *	Cucumber peeled into ribbons	Fruit jelly

\*visit our website [www.cornwallhealthyweight.org.uk](http://www.cornwallhealthyweight.org.uk) for lots more ideas and recipes

# Healthy Snacks for Children



Offer variety:

- Try to eat foods from 2-3 different groups at each snack time
- Eat a rainbow of colours throughout the day

Between meals avoid sugary snacks which can damage teeth:

- Dried fruit, juice and smoothies
- Breakfast cereals, cereal bars, sweet yoghurt
- Sweets, cake, biscuits and chocolate

CARBOHYDRATES	PROTEIN	DAIRY	VEGETABLES	FRUIT (fresh only)
Plain popcorn	Smooth peanut butter	Natural yoghurt	Celery sticks	Apple slices
Oatcakes	Hard boiled egg	Grated / sliced cheddar cheese	Carrot sticks	Banana
Pasta pieces	Oily fish pate *	Cottage cheese	Cucumber sticks	Seedless grapes cut into quarters
Plain rice cakes	Houmous	Cream cheese	Avocado dip *	Kiwi fruit
Tortilla wrap	Mixed bean salad	Glass of milk	Mange tout	Pear slices
Toasted pitta bread	Mini omelette	Plain fromage frais	Pepper sticks	Nectarine
Breadsticks	Sardines	Mint and cucumber yoghurt dip *	Baby sweetcorn	1 small orange, clementine or satsuma
French toast	Chickpeas	Cheese spread triangle check salt level	Cherry tomatoes cut into quarters	Berries
Cream crackers	Mini chickpea falafels *	Nibbles of different types of cheese avoid mould ripened cheese if under 5 years	2-4 olives Rinsed well if in brine	1 small slice of melon or fresh pineapple
Crumpet	Slices of meat	Cream cheese and herb dip *	Little gem lettuce	Plum, stone removed
Corn crackers	Seeds	Edam	Sweet potato falafels *	Banana dip
Cream crackers	Chicken strips	Mozzarella balls	Tomato salsa	Mango

\*visit our website [www.cornwallhealthyweight.org.uk](http://www.cornwallhealthyweight.org.uk) for lots more ideas and recipes