

South Marston C of E Primary School

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"Encourage one another and
build each other up" 1 Thessalonians
5.11

Tuesday 1st September 2026

Dear Parents and Carers,

Important Reminder: Food, Allergies, Lunch Boxes and Healthy Eating

We would like to remind all families of our procedures around food, allergies, lunch boxes, snacks and birthday celebrations. These measures are in place to help us maintain a safe, healthy and inclusive environment for all children.

Benedict's Law

In line with Benedict's Law, we ask all parents and carers to take extra care when preparing and sending food into school. Please ensure that lunch boxes and snacks are appropriate for your child and do not contain foods that may pose a risk to other children.

Nut and Egg Allergies

We have children in school with nut and egg allergies. For this reason, please do not send nuts or foods containing nuts into school.

Please also be aware that predominantly egg products (such as scotch egg, quiche, spanish omelette) should not be brought into school. Foods containing cooked egg are permitted, (such as cake / baked goods). No raw egg of any kind (such as home made mayonnaise)

As always, before any cooking or food-related activity takes place in school, staff will endeavour to inform parents and carers in advance where appropriate. This will allow you to be aware of the activity and raise any concerns regarding your child's allergies or medical needs.

If you are unsure whether a particular food is suitable, please check the ingredients carefully before sending it into school.

Lunch Boxes and Food Concerns

If a member of staff has a concern about an item in your child's lunch box, they may ask your child not to eat the item and may request that it is taken home.

The Blue Kite Academy Trust

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The Blue Kite
Academy Trust



You may also receive a slip in your child's lunch box informing you that an item was not eaten due to a concern. This is to ensure that you are aware of the situation and can make an informed decision about what is included in your child's lunch box in the future.

No Swapping or Sharing Food

For the safety of all children, children must not swap, exchange or share food from their lunch boxes with other children.

This is particularly important because we have children with food allergies and medical needs. Children may not always be aware of the ingredients contained in another child's food or understand the potential risks associated with food allergies.

Please remind your child that the food in their lunch box is for them and should not be given to or exchanged with another child.

Break-Time Snacks

We have noticed an increase in the number of sweets and less healthy snacks being brought into school at break times. These are not appropriate as a daily break-time snack and do not support our approach to healthy eating.

Children in EYFS and KS1 receive free fruit as part of the school's provision, so there is no need to send an additional snack from home.

Children in KS2 are welcome to bring a healthy snack for break time, such as fresh fruit, vegetables, breadsticks or another suitable healthy option.

We ask that sweets, crisps, chocolate bars and other less healthy snack foods are not brought into school for break time. For example, chocolate bars such as **Mars Bars, Bounty Bars and similar confectionery are not suitable in lunchboxes.**

Birthdays and Celebrations

We love celebrating our children's birthdays and special occasions in school. However, we ask that children do not bring sweets, chocolate or other food items into school to share with their classmates.

Instead, if parents and carers would like to mark their child's birthday by giving something to the class, we would encourage them to **donate a book to the class or school library**. This could be a book chosen by the birthday child that can then be enjoyed by their classmates for years to come.

Children can also celebrate their special day through a birthday card, birthday messages and other non-food-based celebrations in school.

This approach allows us to continue recognising and celebrating children's birthdays while ensuring that our school remains safe, healthy and inclusive for everyone, particularly those with allergies or specific medical needs.

Water Bottles

As a reminder, children should bring water only in their school water bottles. Please do not send juice, squash, fizzy drinks or other drinks into school.

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Keeping Us Updated

Please inform the school office of any changes or updates to your child's allergies or medical needs as soon as possible. This allows us to ensure that our records are accurate and that appropriate arrangements are in place to support your child safely.

Please also note that a food preference is different from an allergy. An allergy is a medical condition that requires appropriate precautions, whereas a preference is a food that a child simply does not like or chooses not to eat.

We appreciate that these procedures may require some adjustments, and we thank you for your continued support and cooperation. By working together, we can help ensure that our school remains a safe, healthy and welcoming environment for every child.

Kind regards,

The School Team