

Lunch and Snacks



Green Philosophy

Somersfield is committed to a 'Green' philosophy which ensures that waste is kept to a minimum. The school is also committed to maintaining a sanitary and safe place for students and staff to eat and the expectation is that all students and staff work together to minimise waste and to keep the school clean.

Our aims are that students bring:

- trash free lunches to school
- reusable "Tupperware" type containers and utensils for either their packed or hot lunch*
- an insulated lunch bag/box with an ice pack in it*
- a reusable water bottle (not glass). There are water dispensers for re-fills during the day*
- a named cloth napkin and placemat in Children's House and Primary*

Students are asked to take home daily:

- containers and all reusable utensils
- any trash left in lunch boxes
- any uneaten food, except for fruit and vegetable waste which should be put in the compost bowl

***All items brought from home must be clearly labeled with the student's name.**

Allergies

If your child is allergic to animals, foods or outside allergens please let teachers know as soon as possible. Teachers keep the names of all children with allergies and those requiring medication and are alert to possible contact at times other than break or lunch. It is important to keep the Registrar up-to-date with identified allergies and medications, if required*, as we continue to strive to make Somersfield a safe and welcoming learning environment.

At this time, Somersfield is not a 'nut free school'. The school, however, takes nut allergies very seriously and recognizes its duty to care for any student who may be allergic. When a child has been identified as having such an allergy all parents in his/her class are notified and asked not to send nuts or nut related foods to school for consumption at break or lunchtime. This is an effective means of protecting children with allergies from contact with nut products.

*See the *Safety and Health* Section for school procedures for students who need medication during the school day.

Hot Lunch Programme

Hot Lunch is provided from Monday – Thursday for our P2-M5 students. Currently the Bermuda Restaurant Group is our hot lunch provider. Order forms are distributed by email and can also be found on the school's website at www.mysomersfield.com. Once forms are completed parents can either send them directly to the provider or return to the Main Office by the designated deadline. A late fee of \$10.00 is incurred if the deadline is not met.

After the order is processed, tickets are issued and delivered to the classroom. All tickets are clearly labeled with student name and date. Please ensure tickets are kept in a safe place as there is a \$10.00 fee for reprinting tickets. Any unused tickets due to absence can be attached to the next term's form and the amount will be deducted.

Pizza Lunch

Each Friday, a rotating Pizza lunch is provided by the PTA for a nominal fee. Regular and whole wheat crusts are offered with either a cheese or pepperoni option. Order forms are given out at the beginning of the school year and can be purchased termly or yearly. Students must bring clearly labeled reusable containers, cutlery, and a refillable water bottle as required for all lunches.

Snacks

Children's House: Each family has a week during each term when they are expected to provide nutritious snacks for the whole class. Children really enjoy this approach, look forward to their turn and love to contribute great snack ideas.

Please be advised that there are 25 - 26 children in each class, and the following list of foods indicates the quantities required of the foods that are selected.

Note: It is important to provide a fruit or vegetable on a daily basis, along with a complementary food. Example 1: 2 pcs of cheese, 2 crackers and 5 grapes; Example 2: 1 mini muffin and half of a banana; Example 3: 4 carrots, hummus and scoop of gold fish crackers. Please advise teachers if your child has any specific food allergies (i.e. gluten or dairy).

Fruits

Apples	- 7 (cut into 1/8ths)
Oranges	- 7 (cut into 1/8ths)
Bananas	- 13 halved
Tangerines/Clementine's	- 26
Cantaloupe	- 2 cubed
Honeydew Melon	- 2 cubed
Strawberries	- 2 pints
Raisins	- 1 small cylinder
Watermelon	- 1/2 cubed
Grapes	- 1 bag
Pineapple	- 1 cubed

Crackers and Breads

Crackers	- 2x26 crackers
Gold Fish crackers	- 2 bags
Granola (bars)	- 15 oz or 26 bars
Rice Cakes	- 13 cakes (halved)
Bagels	- 13 halved
Banana Bread	- sliced in 26 pcs.
Zucchini Bread	- sliced in 26 pcs.
Muffins/Mini muffins	- 26

Vegetables

Carrots	- 1 bag cut up
Broccoli	- 2 heads
Cherry tomatoes	- 1-2 pints
Green/Yellow/Red Peppers	- 4 sliced
Cauliflower	- 2 heads
Cucumber	- 2 sliced
Celery	- 1 bag, cut

Cheese/Spreads/Dips

Cream Cheese	- 1 container
Hummus	- 1 container
Dips	- 1 container
Dressing	- 1 small bottle
Cheese sticks	- 26
Cheddar/Mont/Colby	- 26 or 52 pcs.

Primary and Secondary Divisions: P2 - M5 students should bring a mid-morning snack and an additional afternoon snack, if they are staying for after-school clubs or activities.

Healthy Food Choices

Health Education is an important part of the school's programme. Somersfield prides itself in its efforts to promote healthy food choices and appreciates strong parent support of this initiative. The school is recognised each year through the government 'Healthy School's Award'.

The school appreciates parents' continuing support of this school wide effort to keep the standard high by providing healthy and nutritious food.

Instead of...	Try...
pre-packaged foods (e.g. lunchables), pre-cooked fried foods	hummus and whole wheat pita or sandwich bread , rice cakes, tuna or salmon salad or sandwich, block cheese, cheese strings, cottage cheese, fresh vegetables
sweetened juice boxes, unsweetened carbonated drinks, sodas, iced teas, fruit drinks, fruit punch	unsweetened water, 100% juice, milk
chips, corn curls, corn chips, potato chips, French fries	air-popped popcorn, microwave light popcorn, pretzels, dry unsweetened cereal
chocolate, candy, fruit roll-ups, or snacks	light puddings, low fat yogurt, fresh fruit or canned fruit in own juice, dried fruit
sweet cakes, pies, pastries, donuts	angel food cake, vegetable or fruit breads, fruit muffins, bagels, Johnny bread, corn bread
sweet cookies, cupcakes	whole grain crackers, graham crackers, ginger snaps, vanilla wafers, fig bars, vegetable muffins

Birthday Celebrations

In keeping with our Healthy School Policy, we believe in providing all students with the opportunity, support, and encouragement to be healthy and physically active on a regular basis through physical education instruction and nutritional instruction. We encourage our families to also promote healthy choices for our students.

In order to support this nutrition initiative at Somersfield, to teach our students good health habits and to keep our students strong and healthy, the following guidelines are in place for all grade levels during the school year:

If you wish to send in a birthday treat for your child here are some “Health-friendlier” options that you may consider instead of high fat, high sugar treats.

Try...
hummus and whole wheat pita or sandwich bread , rice cakes, fresh vegetables
air-popped popcorn, microwave light popcorn, pretzels,

light puddings, low fat yogurt, fresh fruit or canned fruit in own juice, dried fruit
angel food cake, vegetable or fruit breads, fruit muffins, bagels, Johnny bread, corn bread
whole grain crackers, graham crackers, ginger snaps, vanilla wafers, fig bars, vegetable muffins
fresh fruits, fresh vegetables, dried fruits, smoothies, baked crackers, high fiber snacks and low fat dairy products

We therefore discourage you from bringing in sugary treats like cupcakes, cakes or donuts etc.

You could also try non-food goodies, or gifting your child's classroom with a book or small plant in honor of your child instead of a food treat.

For more suggestions, please refer to the Healthy Food Choices Chart above.

Gum Chewing

Somersfield Academy prohibits gum chewing at school. This policy is in place to ensure an environment where all can take pride in the upkeep and cleanliness of our school campus. There will be no gum chewing allowed on campus. This includes before, during, and after school. This policy also extends to cover all school trips.

Recess Before or After Lunch

Children's House and Primary Division: Recesses are at staggered times depending on the age of the students. Outside recess time is supervised by teachers and adult volunteers. Unless the weather is bad, children are expected to go outside during recess time or if Primary age, can go to the Library.

Secondary Division: During lunch recess break, students are expected to participate in some form of physical or quiet library activity. Students can simply go for a walk or engage in a field or gymnasium activity. The Library is open during recess (the second half of the lunch period) most days for quiet study or reading. On occasion, teachers offer some activities on specified days of the week.

For safety reasons, and out of respect for visitors to the school, no balls, ball games or other games are allowed in the courtyard or driveway areas at any time.