CHURCH GRESLEY INFANT & NURSERY SCHOOL
Pennine Way, Swadlincote, Derbyshire, DE11 9EY
Tel: 01283 217357 Email: cgi-info@cgi.jtmat.co.uk
www.cginschool.co.uk
Headteacher: Mrs E J Cripps
***"Believe, Achieve, Succeed"***

Wednesday 9th September 2026

**Helping Us Keep Children Safe and Healthy**

Dear Parents and Carers of Nursery Children

We hope that you have all had a wonderful summer holiday and we look forward to welcoming our existing nursery children and our new starters next week. In preparation for a great start to the new year please take the time to read the following important information.

At Church Gresley Infant & Nursery School, the safety and wellbeing of our children is always our highest priority. We would like to remind families of the importance of preparing food safely for children, particularly when sending snacks or packed lunches.

Young children can be at risk of choking on certain foods if they are not prepared appropriately. To help reduce this risk, please ensure that foods such as grapes, cherry tomatoes, blueberries and similar round foods are cut lengthways into quarters before being brought into school. Hard fruits and vegetables should also be cut into manageable pieces suitable for your child's age and stage of development. Please note sausages should be cut lengthways into thin, short strips rather than left in round coin shapes, which pose a severe choking hazard.

We also ask parents to be mindful of allergies. Food should not be shared between children and, where possible, packed lunches and snacks should not contain products that may pose a significant allergy risk to others. Please support us by ensuring any dietary or allergy information relating to your child is kept up to date with the school. The EYFS requires providers to work closely with parents to manage allergies and ensure children are kept safe during eating and snack times.

The Early Years nutrition guidance states that only water and milk should be provided to children. We offer milk to each child every morning and we ask that only water is provided in children's water bottles. Please speak to your child's class teacher if this is an issue as it is important children stay hydrated during the day,

As part of our commitment to promoting healthy lifestyles, we follow current Early Years nutritional guidance and encourage children to enjoy a balanced diet that includes fruit, vegetables, wholegrains and healthy sources of protein. The EYFS requires food and drinks provided for children to be healthy, balanced and nutritious.

By working together, we can help ensure that all children are safe, healthy and able to enjoy their food confidently.

We look forward to seeing you all next week.

Kind regards,

Mrs T Woods
Early Years Lead