Fowlmere School

Healthy Snack and Packed Lunch Policy

Aim

At Fowlmere School we recognise the importance of a healthy lifestyle and diet. Establishing a balanced diet in childhood helps to promote healthy eating habits for life. Healthy eating is addressed within the Science, PSHCE, PE and D&T curriculum. Our aim is to ensure that break-time snacks and packed lunches brought from home and eaten in school (or on school trips) provide pupils with healthy and nutritious food, whilst recognising that our children come from diverse home backgrounds, cultures and ethnic groups.

Water

We believe that children's concentration and behaviour improves when they drink water throughout the day. Dehydration can give children headaches and make them tired. We encourage children to drink water at break times, during lunchtime and in PE lessons. Please encourage your child to bring a clearly named water bottle, filled with fresh water, to school each day. If your child drinks all of their water, bottles can be refilled from the taps in classrooms and drinking water is always available in the dining hall at lunchtime.

Mid-Morning Break

At break time at 10.45am, children are encouraged to have a healthy snack. All children in Reception and Key Stage 1 (Years 1 and 2) receive a free piece of fruit or vegetable everyday as part of the Government's School Fruit and Vegetable Scheme.

If you send in a snack for your child to eat at break time, it could include:-

- Fresh fruit or vegetables, peeled if your child cannot do this for themselves, and for younger children grapes or cherry tomatoes should be cut in half
- Dried fruit such as raisins
- Savoury crackers, breadsticks or plain rice cakes
- Cheese
- Dried fruit snacks such as Yo-Yo's.
- Healthy cereal bars (not containing chocolate or nuts)

Crisps or biscuits should not be taken from packed lunches and eaten at break time.

Due to allergies and risk of anaphylaxis, please ensure that nuts or food containing nuts are not eaten as a break time snack. Our school is a nut free school.

Lunches

We provide a safe, healthy and appealing eating environment for pupils eating both school lunches and packed lunches. Fresh drinking water is available at all times.

School Lunches

A nutritionally balanced school lunch is available for all children. Reception and KS1 children are entitled to a free school lunch under the Universal Free School Meals Scheme. KS2 Pupil Premium children are entitled to a free school lunch each day. Other KS2 children may have a school lunch at a cost of £3.20 per day. Nutritionally balanced school lunches are provided by HCL. There are 4 options; a meat / fish option, vegetarian option, cold sandwich or jacket potato. Payment is made via MCAS. The Catering Assistant is aware of children whose parents have informed HCL of their special dietary needs or allergies and this information is also displayed in the kitchen. If your child has a dietary requirement, which we are not aware of, please let both school and HCL know. Please contact the school office for information on how to contact HCL.

Packed Lunches

A healthy packed lunches may include:

- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice or noodles
- A portion of fruit and / or vegetable (this could include dried fruit)
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- Dairy food such as cheese, yogurt, fromage frais.
- A smoothie or yogurt drink
- Crisps, crackers, breadsticks etc
- A drink, preferably water or fruit juice.

Packed Lunches should avoid:

- Chocolate bars and sweets.
- No fizzy drinks

As fridge space is not available in school, please send packed lunches in a cooler bag or food that does not require refrigeration.

Due to allergies and risk of anaphylaxis, please avoid items that contain nuts. This includes: hazelnut spreads, peanut butter, certain brands of biscuits, chocolate that contain nuts, pesto (may contain pine nuts), marzipan, nougat etc. Children are not allowed to share food for this same reason.

We always have the best interest of the children at heart. If we feel that a child's packed lunch is not meeting the dietary needs of the child we will discuss this with parents. This will help us to work with parents to educate our children about health dietary choices so that they can make their own informed choices independently when they are older. We understand that some children are 'fussy eaters' and will only eat a limited range of food. If this is the case, please let us know, so we can support your child. We will encourage pupils to eat as much of their packed lunch as possible. If your child has not eaten enough of their lunch, we will send it home in their lunch box in order for you to see.

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