

Healthy snack policy

St Margaret Clitherow Catholic Primary School

Created by St Margaret Clitherow Parliament

Created December 2020

To be reviewed annually by the School Parliament

Introduction

It is the responsibility of pupils, staff, governors and parents to create a positive environment within the school where pupils learn and adopt the benefits of healthy eating which supports a healthy lifestyle. This policy aims to give information and advice on how to ensure a positive approach to eating for health is introduced, encouraged and embedded.

Useful information about children's guideline daily allowances:

GDA Guidelines Daily Amounts

Adult

Calories	2000Kcal
Total Sugar	90g
Fat	70g
Saturates	20g
Salt	6g
Fibre	24g

Child Age 5-10

Calories	1800Kcal
Total Sugar	85g
Fat	70g
Saturates	20g
Salt	4g
Fibre	15g

Aims and expectations

- 1 To make sure that positive attitudes to healthy eating and living are promoted and developed throughout the school and in the wider community.
- 2 To teach pupils basic and safe food hygiene principles when preparing, handling and eating food.

Implementation

- 1 The school will ensure that the curriculum promotes healthy eating

Parents, staff and governors will raise pupil awareness of keeping healthy through eating and drinking a varied diet, eating appropriate sized portions, taking exercise, having enough sleep, keeping clean and brushing teeth.

Pupils and parents will be encouraged to contribute to healthy eating by adhering to the healthy snack list suggested by the school.

The School Nurse will support pupils/parents/carers in understanding about safe use of medicines, health diet etc.

Oral Hygiene Education will take place in EYFS.

- 2 Practical activities will be provided for pupils to prepare and sample healthy food.

Staff trained in food handling will be responsible for supporting pupils in developing awareness of procedures for the safe handling of food.

Staff will work with parents, carers, professionals and catering staff to ensure the provision of medically prescribed diets and appropriate provision of food for children with particular eating and drinking issues.

Cross curricular discussion will allow for identification of harmful substances which should not be placed in mouth or ingested.

School snacks

For EYFS and Key Stage One we will provide health promoting foods and healthy beverages during morning snack time.

Examples include:

- water
- semi skimmed milk
- vegetables
- dried fruits (small amount as these contain concentrated sugar)
- fruit

Limit high-fat, high-calorie foods and beverages. If such items are used [e.g. parent brings in a birthday treat], this should be cut in quarters to encourage small portions.

Examples include: doughnuts, pastries, high-fat muffins, scones, birthday cakes, cookies etc. If sweets are brought in to be shared as a part of a celebration they must remain unopened and sent home in book bags and should only be eaten with permission from a parent or responsible adult. We do, however, encourage the use of health-promoting foods that can be shared in school to celebrate special occasions and show appreciation to others.

Snacks from home

A recommended list of healthy snacks and drinks that can be brought into school that have been researched and discussed by the Parliament has been compiled:

Food snacks

- Fruit
- Dried fruit (small amount) including bear yo-yos
- Fruit bars (ensuring low in sugar)
- Vegetables
- Low fat cheese or cheese dippers
- Low fat yoghurts
- Low fat popcorn
- Rice cakes/snacks

Drinks

- Water
- Semi skimmed or low fat milk
- No added sugar squash
- Low sugar flavoured waters
- Fruit juice carton (only one per day)

It is important to remember portion control is key to a balanced and healthy diet. In order to maintain a healthy portion during snack time it is recommended that you have either one larger snack from the list or two smaller food amounts from the list.

We would also like to see a healthy and balanced diet following through to lunchtimes and so popular foods such as crisps and mini crackers should be of the low fat variety. Brown or wholemeal bread/wraps are suggested for sandwiches and either a cake or a biscuit as opposed to both.