

HEALTHY LUNCH POLICY

Eating habits, started in childhood, will influence your child's chances of a healthy life. Our school operates a healthy lunch policy which encourages children to eat as healthily as possible each day.

- All drinks are acceptable except fizzy drinks.
- All foods are acceptable except biscuits, bars, chocolate, sweets, chewing gum, peanuts, crisps and fruit winders.

We would strongly recommend that children bring at least one piece of fruit each day.

Remember also that children who do not eat a good breakfast under-perform at school.

It is no easy task deciding how to fill your child's lunchbox each day. The following are some suggestions:

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| BREADS <ul style="list-style-type: none">• Wholemeal bread• Brown or fruit scones• Pitta Bread• Crackers• Baps | DRINKS <ul style="list-style-type: none">• Fruit juice• Milk• Yoghurt drink• Soup |
| SANDWICH FILLINGS <ul style="list-style-type: none">• Ham and cheese• Egg and onion• Corned beef• Salmon• Turkey or chicken• Tuna• Roast beef | FRUITS/DESSERT <ul style="list-style-type: none">• Fresh fruits (apple, banana, orange, pear, kiwi, grapes etc.)• Stewed fruit• Fromage frais with fruit wedges• Banana bread, carrot cake, tea brack or fruit slice |

Healthy Eating will be discussed with the children regularly as part of the Social, Personal and Health Education curriculum.