

Rationale

Schools have an important role to play in encouraging students to make healthy life choices. Educating students on the benefits of healthy eating and regular exercise can bring about both immediate and long-term improvements to their quality of life.

A healthy diet is essential for maintaining and protecting student’s health, for ensuring they perform to their full potential during the school day (both academically and physically) and for their growth and development.

Our Aims

Our overall aim is to help our students to establish a healthy lifestyle that, we hope, will continue into adulthood.

We aim to:

- encourage an enjoyment of healthy eating habits within our school and wider community.
- reinforce healthy eating practices across the school curriculum
- ensure that all aspects of food and nutrition in the school promote health and wellbeing of students, staff and visitors to our school
- equip students with the appropriate knowledge and skills to enable them to make informed healthy lifestyle choices throughout their life
- equip parents with the appropriate knowledge and skills to enable them to assist their child to adopt healthy eating practices
- encourage the whole school community to be responsible for their own health, this in turn, promotes a positive attitude to healthy eating habits
- improve student’s health and wellbeing; this should translate to improved educational outcomes for all students at TWA

Our Objectives

- To enable each student to appreciate the importance of good nutrition for growing and developing and staying healthy
- To enable each child to accept some personal responsibility for making wise food choices and adopting a healthy, balanced

The following guide is designed to help parents provide quick, appetising, and nutritious lunches for our students:

Bread & Alternatives	Savouries
Bread or rolls (preferably whole-meal, whole-grain or whole- wheat varieties) Wraps Pitta bread Bread sticks	Lean Meat (e.g. chicken/turkey, ham) Eggs Tinned Fish eg tuna/sardines/salmon

<p>Rice – wholegrain Pasta – wholegrain Wholemeal Scones/ Crackers.</p>	<p>Potato Salad Hummus</p>
<p>Fruit & Vegetables Apples, Banana, Peach Mandarins, Plums Orange segments Fruit Salad, dried fruit Pineapple cubes, grapes Cucumber, Sweetcorn, Tomato Pepper slices Carrot batons</p>	<p>Drinks Water or Milk are the ideal choice Fruit juices - <i>without added sugar. Pure fruit juice also contains natural sugar and should be diluted with water</i>) Yoghurt Dairy Milk Natural Yoghurt Cheese (triangles/slices/ small blocks of cheddar/gouda/edam etc)</p>

Snacks known to be high in sugar, saturated fat, salt, additives and preservatives, including but not limited to the following:

Food items not permitted in school:

- Nuts (including peanut butter)
- Fizzy drinks, sports drinks and drinks/juices with high sugar content
- Chewing gum
- Chocolate (including chocolate spread)
- Sweets, bars, cakes and fruit winders
- Chips

Roles and Responsibilities

Role of Parents:

- Provide a healthy well-balanced snack and lunch for children
- Ensure your child starts the day with a good breakfast
- Encourage healthy eating
- Inform and update the school of any child's special dietary needs or allergies
- To implement school policy by abiding by the school's healthy eating policy

Role of Students

- To eat their lunch
- To bring home any uneaten lunch
- To help make their lunches and remind parents of the Healthy Lunch Policy
- Not to bring food items that are not permitted in the school's Healthy Policy, to school

Role of School Staff

- To promote and encourage healthy eating
- To educate children by teaching the appropriate content from the curriculum

Approval and Review.

Reviewed by: Primary Nurse / Date:

Confirmed by: Principal / Date: