



BEEVER PRIMARY SCHOOL'S HEALTHY EATING POLICY

Revised September 2014

We have developed a policy that promotes general and dental health within the school.

1. We ask that the children do not bring sweets or sweet foods as rewards.
2. We do not use sweets or sweet foods as a reward.
3. Dental Health and Healthy Eating activities are included in the school curriculum.
4. Birthdays are celebrated without sweets. A child will receive a birthday card from school and will have happy birthday sung to him/her in class.
 - Parents are not obliged to send anything into school for their child's birthday, but if they decide to do so, it must be in line with our Healthy Eating Policy. Some possible suggestions are balloons, pencils or rubbers etc. Alternatively, a parent may wish to donate a book for the school library, in recognition of their child's birthday.
5. All Key Stage 1 pupils are provided with a third of a pint of milk to drink during the morning.
6. All Key Stage 1 pupils are provided with a piece of fruit or vegetable for their morning snack.
7. Key Stage 2 pupils are only allowed to bring in fruit or vegetables for their morning break snack. Water and fruit is available to purchase at break times.
8. All pupils are allowed to drink water in class.
9. Our school catering services provides a varied choice of healthy, nourishing school meals that meet the Government's 2014 Nutritional Standards.

* Children who do not have school dinners should be provided with a packed lunch that meets the Government's 2014 Nutritional Standards. More information regarding Healthy packed lunches can be found at:

www.childrensfoodtrust.org.uk