



Healthy Eating at School

Hot School Meals

Following the introduction of Universal Free School Meals for children in Reception to Year 2, we strongly encourage you to take up hot meals at school. The school meals are cooked freshly every day, included is a two course hot meal and access to the salad and fruit. The meals are good quality from fresh ingredients and we have worked with our kitchen staff to ensure portion size is appropriate.

Drinks and Healthy Snacks

Third-pint cartons of cow's milk are available at a low cost; the scheme is organised by Cool Milk and you need to set up an online account. Children are **required** to bring a bottle of water (clearly named) to school every day. Water is also available from the drinking fountains around the school. All children have access to fruit or vegetable snacks every day in their classrooms as part of the National Fruit Scheme.

Promoting Healthy Eating in School

At Hampton Infant School and Nursery we are committed to encouraging and developing positive attitudes towards food and a healthy diet. Promoting a healthy lifestyle is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat. As a school we endorse fresh, local food. We know that food is fundamental to the quality of a child's life; not just in providing essential nutrition but in communicating and sharing positive values, attitudes and experiences with each other. We believe that adults (staff, parents and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being. We aim to develop healthy eating and drinking activities within the school that benefit children, staff, parents and the whole school community. At HISN we recognise the important connection between a healthy, balanced diet and a child's ability to learn effectively and achieve high standards in school.

Snacks

As a school we have agreed the following:

- Children in EYFS and KS1 benefit from the Government's Fruit and Vegetables Scheme. Children are encouraged to eat their piece of fruit or vegetable as part of their daily snack time.





- Snacks may be brought to school for after school clubs. Chocolate, sweets, biscuits, crisps, and cakes are **not allowed** as everyday snacks in school. Chewing gum and fizzy drinks **are not permitted** on the school premises or while the children are representing the school.
- For allergy reasons **NUTS are also not allowed**. As a school we have a duty of care to all our children.
- HISN recognises that healthy snacks are crucial to aid learning and development.

Lunchtime

We encourage our families to take up the offer of a free school lunch. However, a small number of children prefer to bring a packed lunch every day. I would like to remind parents that this lunch should not contain **any sweets, fizzy drinks, chocolate, nuts or anything containing nuts**. A healthy packed lunch should contain items from the key food groups. All packed lunches should be brought in a named lunch box/bag, please do not bring plastic bags.

Birthday Celebrations

When a child celebrates their birthday we ask parents **NOT to bring in sweets, or cakes as a treat** for the class, this is due to children's allergies. As a health conscious school we feel a more appropriate item would be an individual book the teacher can share with the class.

