

GORSEYBRIGG PRIMARY SCHOOL AND NURSERY

FOOD POLICY

We wish to ensure that all aspects of food and nutrition in school promote the health and well being of the children.

We actively support healthy eating throughout the school day because there is an important connection between a balanced diet and a child's ability to learn effectively.

We therefore ask parents to support the following:

- **Fruit at Break Time**

At break times the children are only allowed to eat fresh fruit or raw vegetables. A piece of fruit will be offered to all children between 3 and 7 through the National School Fruit Scheme.

- **Water**

All children are asked to bring water only for break times. Children will be encouraged to drink water at break times to ensure they return to class prepared and refreshed for learning.

Children are able to refill bottles at school when required.

- **School Lunch**

Lunches are cooked on the premises and meet/exceed the national guidance. All children have a choice enabling them to eat healthily. Children are encouraged to taste and eat new foods.

- **Packed Lunch**

We wish to encourage a 'healthy lunchbox', which would include healthy sandwiches, fruit, yoghurt and a healthy drink. Please do not include sweets in packed lunches.

We advise parents to use insulated bags or ice blocks, as no fridge space is available for storage.

- **Birthday/Holiday Gift Food**

Birthday and holiday food or sweets cannot be distributed in school.

We would like to reassure parents that:

- Unhealthy foods will not be used as rewards but treats will be allowed on special occasions.
- Provision is allowed for special diets eg medical, cultural, vegetarian.
- We recognise, and will emphasise, the importance of

A BALANCED DIET!