



The Federation of Sacred Heart & St Mary's RC Primary School, Battersea

HEALTHY SNACK POLICY

Approved By	Governors
Reviewed On	May 2023
Review Due	May 2024
Review Cycle	Annually

Introduction

Sacred Heart and St Mary's Schools are healthy schools and this is reflected in our packed lunch policy, snack policy and work with external services and groups.

At Sacred Heart and St Mary's we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps to promote healthy eating habits for life.

We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. Our school community encourages pupils to develop the skills and attitudes that will help them make informed healthy choices both in and out of school.

Healthy eating is explicitly addressed within the Science, PSHE, PE and D&T curriculum. Each curriculum subject will develop a range of skills and understanding that will contribute towards these areas.

School Food Standards

School Food Standards were revised in 2014, 2019 and 2021 by the government to include school lunches and food served at other times of the day. The School Food Standards are designed to help children develop healthy eating habits, and ensure that they have the energy and nutrition they need to get the most from their whole school day.

As with the other food standards, these do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events.

Healthy Snacks

All children in KS1 and Reception receive a free piece of fruit or vegetable everyday as part of the Governments School Fruit and Vegetable Scheme.

As children move up into KS2, if they wish to have a healthy break time snack, they can bring one in from home. (Children in EYFS and KS1 can also bring in a healthy snack from home if they prefer).

Permitted Healthy Snacks:

- Fruit
- Vegetables
- Dried fruit

No chocolate, sweets, crisps or other snacks should be sent to school.

Occasional treats such as those sent in by parents to celebrate birthdays are allowed and are not included in the School Food Standards. Where possible these occasional treats will be distributed at the end of the school day so parents are able to monitor.

Special Medical and Dietary Needs

If a child has a special dietary or medical need, parents should contact the Senco (Mrs Chowdhury at Sacred Heart and Miss Gilbride at St Mary's) via the school office to discuss. The School Nurse may also be able to support and assist pupils with specific medical and dietary requirements.

Useful Links:

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/945863/School_Food_Standards-poster.pdf

<https://www.schoolfoodmatters.org/news/school-fruit-and-vegetable-scheme-resume>

<https://assets.nhs.uk/prod/documents/SFVS-factfile-2017.pdf>