

Our Approach & Guide to Food and Nutrition

At Forest Primary we provide an environment which safeguards and supports children's health. We aim to achieve this by taking a whole school approach to food and nutrition, where healthy eating messages and learning extend beyond the classroom and into our daily routines and practices.

Water only during lessons

Please provide a named water bottle. Pupils can access clean water in the school/classroom.

Any issues with hydration please speak to your child's teacher.



Packed Lunch

Children should be provided with a packed lunch. Juices or smoothies are allowed at lunch.

Please do not provide sugary or fizzy drinks, chocolate bars or sweets. 'Share bags' (e.g. of sweets, chocolate and crisps) are not permitted.

Birthdays

It is important to make children feel special on their birthday, which we do in our own way.

We ask that you do not provide any cakes or foods due to allergies.



If you need any help or advice on providing a healthy lunch box, please let us know!

Find inspiration here: <https://shorturl.at/mAJO6>



Allergies

Allergies and intolerances are accommodated where appropriate.

Sharing of food is not permitted.

Foods that are not permitted will be communicated in the prospectus each year.



Communicate & Consult

We make sure to gather pupil, parent/carer and staff views when developing policies and approaches around food.

If you have any feedback, please let us know.



Rewards

It is important to reward and treat children for achievement and improvements.

We do so in a non-food way, which supports building a healthy relationship with food.



Breaktime Food Recommendations

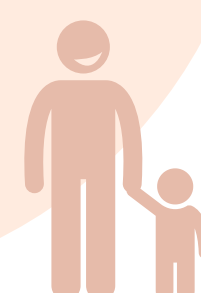
A snack portion size is something that can fit in the palm of your child's hand. Below are some recommendations for items you can send into school.

- Fruit (either whole, sliced or canned in natural juice or water)
- Vegetables sticks (e.g. carrot, pepper or cucumber)
- Rice cakes or corn cakes
- Bread sticks
- Small pot of natural or Greek yoghurt (a small handful of berries may also be added)
- Cheese chunks

Veg, rice cakes, bread sticks etc. may be served with a healthy dip such as hummus.

Role Modelling & Educating

Staff model positive eating behaviours by eating healthily in front of children and carrying out activities around food that align with health.



If your child needs any additional help with food and eating, we can work with our allocated School Nurse.